

# Ashley County, 2006 County Adult Health Survey



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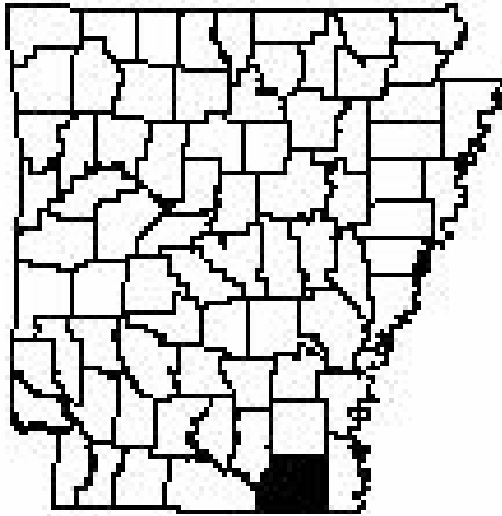
Ashley County  
and

Arkansas Department of Health and Human Services

Center for Health Statistics



# Ashley County, 2006



## County Adult Health Survey *Behavioral Risk Factor Surveillance System*

DECEMBER 2006

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County Adult Health Survey

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# Ashley County 2006 County Adult Health Survey

## Introduction

### What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.<sup>1</sup> As a result, health related data are needed by state, county, and local agencies for developing health-promotion programs and to efficiently target health dollars. The **County Adult Health Survey** is used by **Hometown Health Improvement** to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the **Behavior Risk Factor Surveillance System** survey (BRFSS), developed by the Centers for Disease Control.<sup>2</sup>

### What is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperative action and creative solutions at the local level to identify community health problems, and to develop and implement ways to solve them.

This goal is accomplished through cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of health-improving strategies designed and sustained locally.

As part of this initiative, Ashley County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

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<sup>1</sup> Centers for Disease Control and Prevention. Healthy People 2010. Atlanta, Georgia. <http://www.healthypeople.gov>

<sup>2</sup> Centers for Disease Control and Prevention. About BRFSS. <http://www.cdc.gov/nccdphp/brfss/about.htm>

## What is the BRFSS?

The BRFSS is a survey developed to help states collect and monitor state level information on health conditions and the major risk behaviors that can affect the health of their adults. It was developed in the 1980s by the Centers for Disease Control and Prevention after research showed that personal health behaviors play an important role in premature death and illness. Primarily, the survey focuses on behaviors or risk factors that are linked to the leading causes of death (heart disease, cancer, stroke, diabetes, and injury) and other important health issues. The specific behaviors or risk factors included in the survey are the following:

- Not getting enough physical activity,
- Being overweight,
- Not using seatbelts,
- Using tobacco and alcohol, and
- Not getting preventive medical care (e.g. flu shots, mammograms, Pap smears, colorectal exams).

## How is the BRFSS used?

State and local health departments in all 50 states rely heavily on BRFSS data to do the following:

- Determine priority health issues and identify populations at highest risk for poor health,
- Develop strategic plans to improve community health and target prevention programs,
- Monitor the effectiveness of intervention strategies to improve health and progress toward meeting disease prevention goals,
- Educate the public, the health community, and policymakers about disease prevention, and
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, volunteer organizations, and professional managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century, China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.



The ability to determine which population groups have the greatest health risk factors is essential in effectively targeting scarce prevention resources. BRFSS data can be analyzed by a variety of demographic and economic variables such as age, education, income, and racial and ethnic background to determine which populations are at highest risk in a community.

## How did Ashley County Conduct the Adult Health Survey?

During May and June 2006, a telephone survey of 900 randomly selected adults in Ashley County was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers in the Institute of Government at the University of Arkansas at Little Rock.

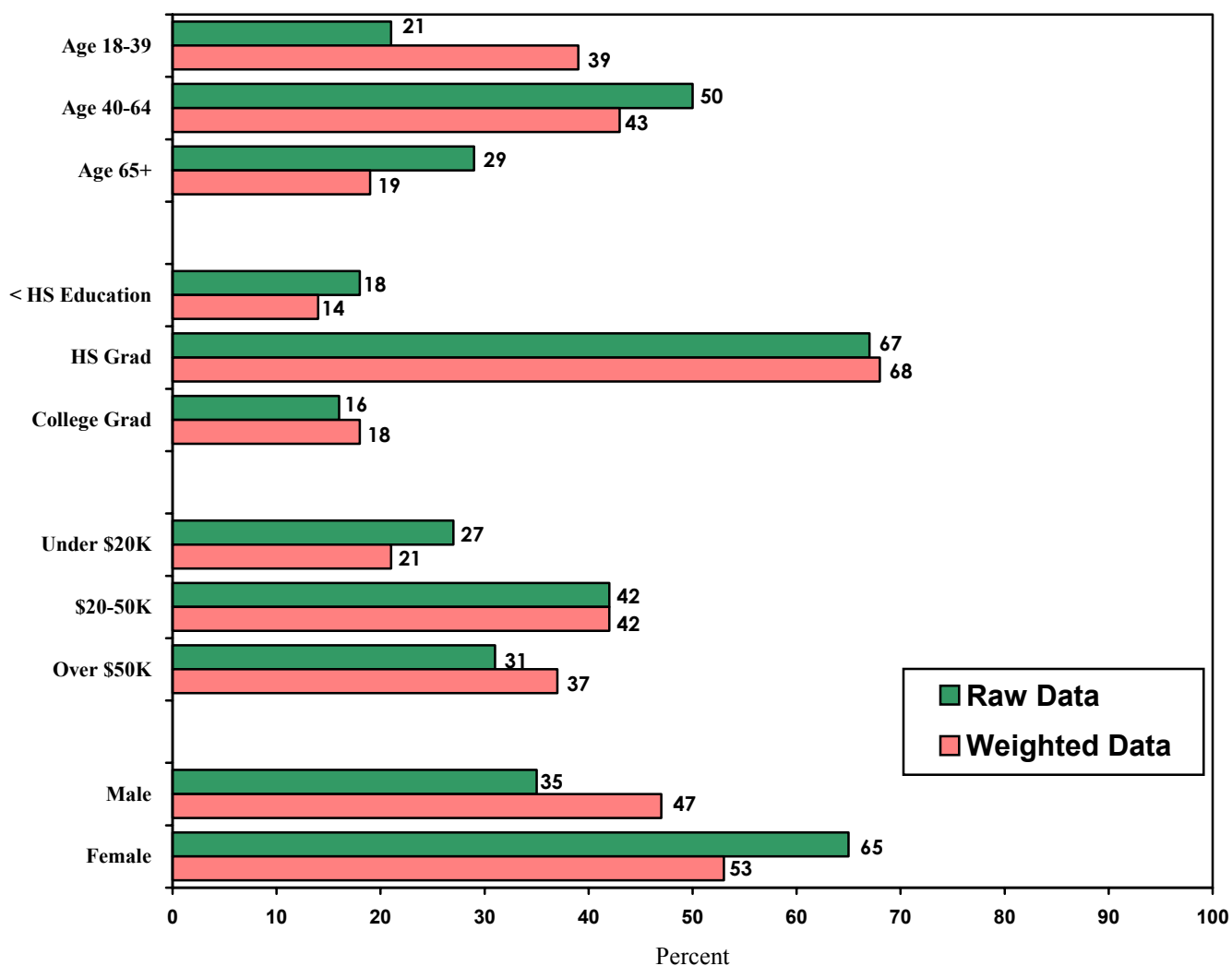


## Who Participated in the Ashley County Adult Health Survey?

Of the 900 people who were interviewed, 313 were men and 587 were women. The following chart summarizes the demographics of the survey participants showing both raw numbers and weighted data. The raw data are the data collected from the sample of persons interviewed. The weighted data are the collected survey data (raw data) that have been adjusted to represent the total population from which the sample was drawn.

All analyses presented in the report are based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent.

### Characteristics of the Ashley County population



# Risk Factors

## Health Status

The survey asked respondents to rate their **general**, **physical**, and **mental** health status. Perceived health status is an important indicator of functionality and health-related quality of life. It assesses health issues that are not measured by standard morbidity and mortality data.

### General Health

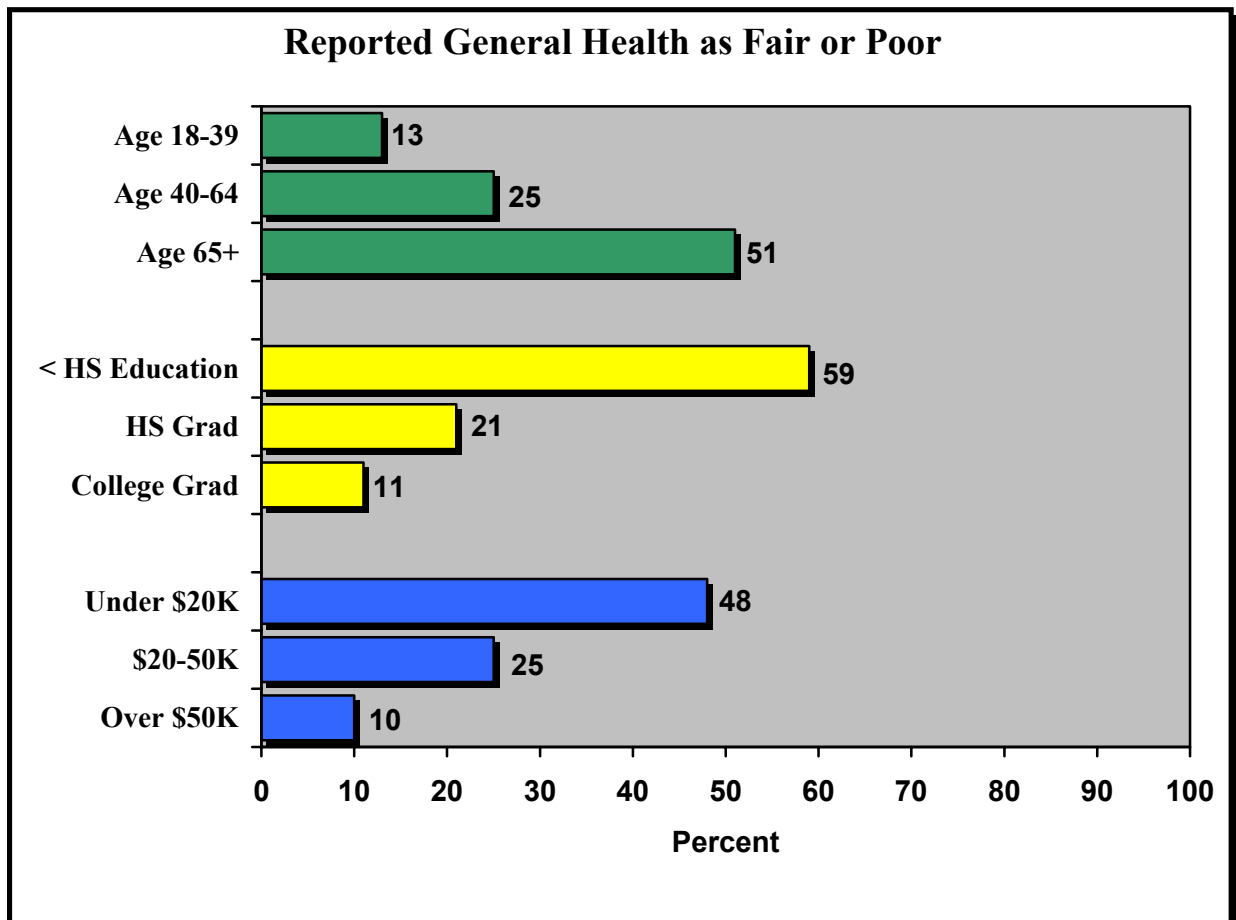
#### Risk Factor Definition: General health

Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

At Risk: Those who answered “fair” or “poor” are considered at risk.

### Who is at risk in Ashley County?

Twenty-five percent (25%) of respondents characterized their general health as fair or poor. Older people and people with less education or income tended to report general health as fair or poor.



## Health Status (continued)

### Physical Health

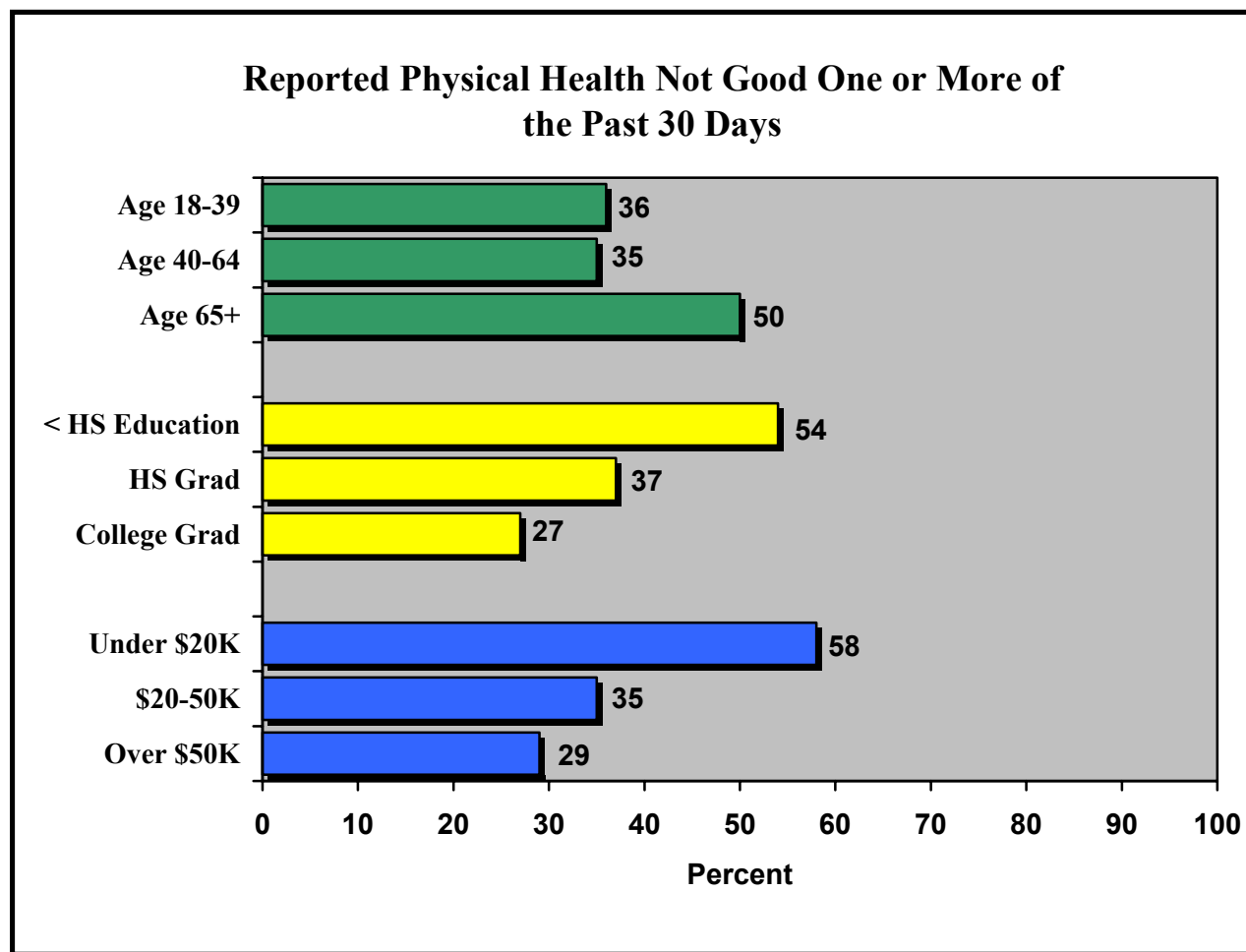
#### Risk Factor Definition: Physical health

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of “not good” physical health.

### Who is at risk in Ashley County?

Thirty-eight percent (38%) of Ashley County adults had at least one day a month of poor physical health. According to the survey, the average Ashley County adult had 4.93 days of bad health and 5.34 days each month when health problems interfered with usual activities. People over the age of 64 and people with less education or income were more likely to be affected by poor health.



## Health Status (continued)

### Mental Health

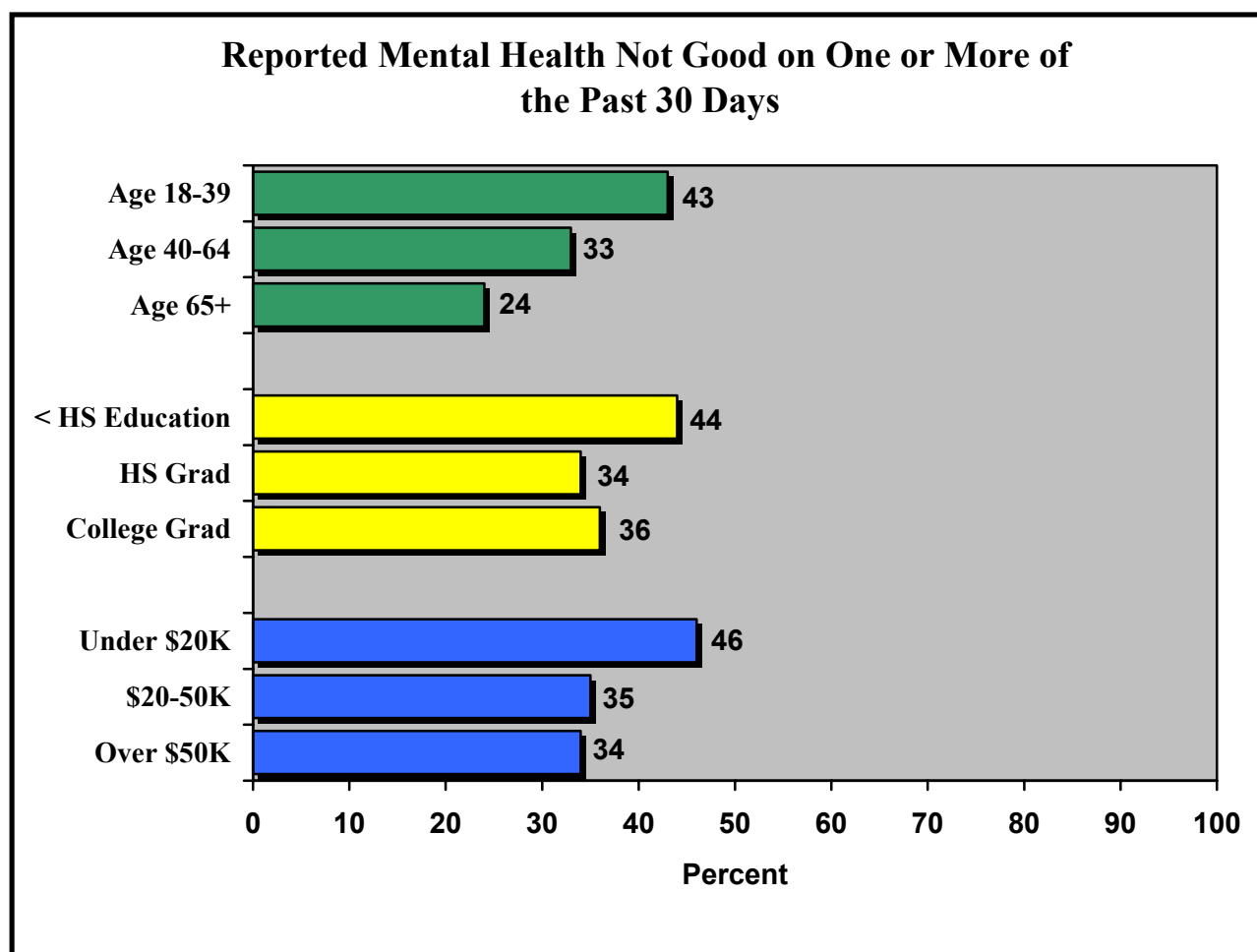
#### Risk Factor Definition: Mental health

**Question:** Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

**At Risk:** Having one or more self-reported days of “not good” mental health.

### Who is at risk in Ashley County?

Thirty-five percent (35%) of Ashley County adults had at least one day of poor mental health in the past month. The average Ashley County adult had 4.67 days each month of poor mental health. Younger people and those with less income were more likely to report at least one day of poor mental health in the past month.



## Health Care Access

The survey asked if respondents had health insurance. Health insurance provides better access to health care. Those with health insurance are more likely to have a primary care physician and to receive appropriate preventative care.

### Health Insurance

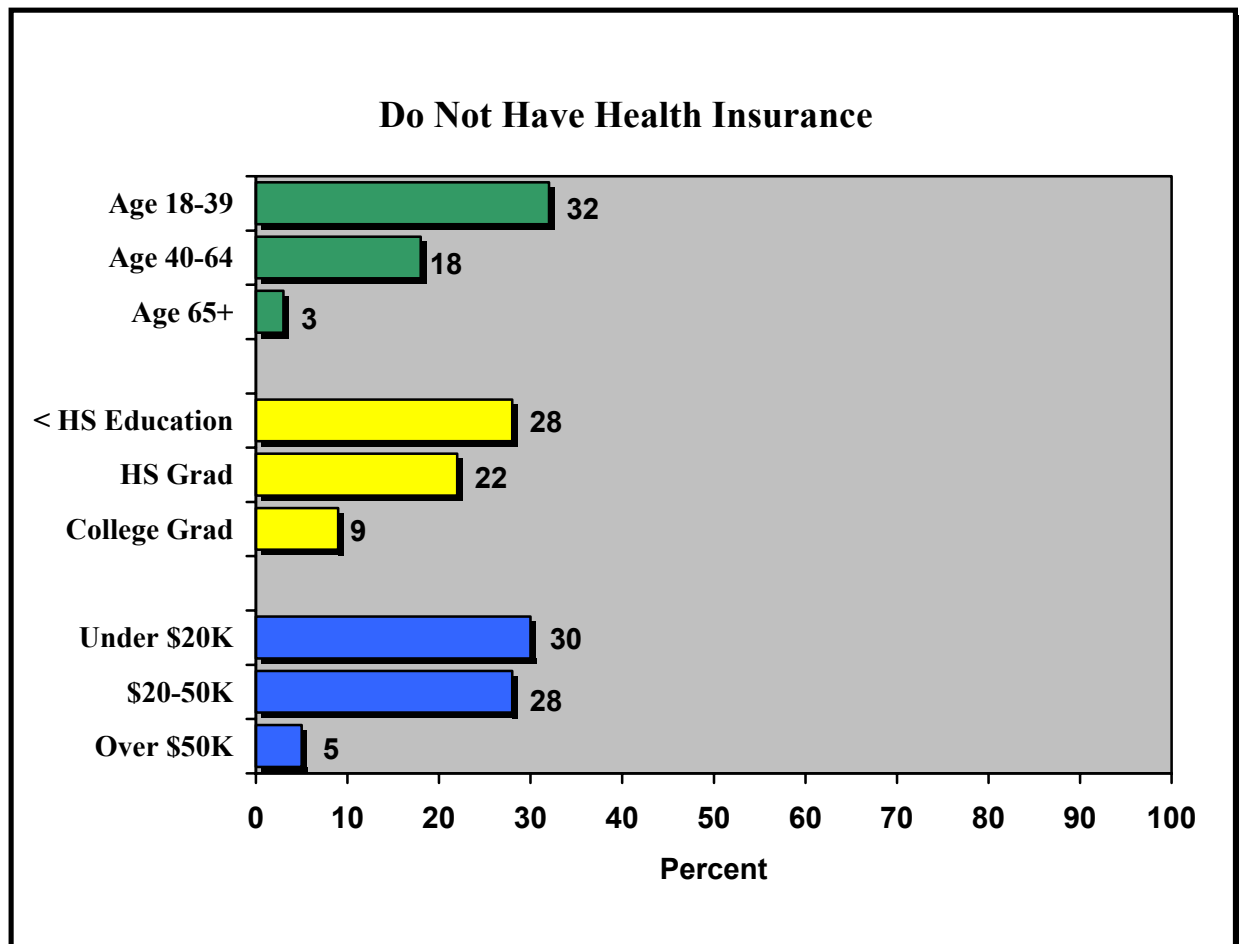
#### Risk Factor Definition: Health Insurance

**Question:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

**At Risk:** Those who answered “no” are considered at risk.

### Who is at risk in Ashley County?

Twenty-one percent (21%) said they didn't have health insurance, with younger respondents and those with less education or income less likely to be insured.



## Hypertension

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure.

### High Blood Pressure

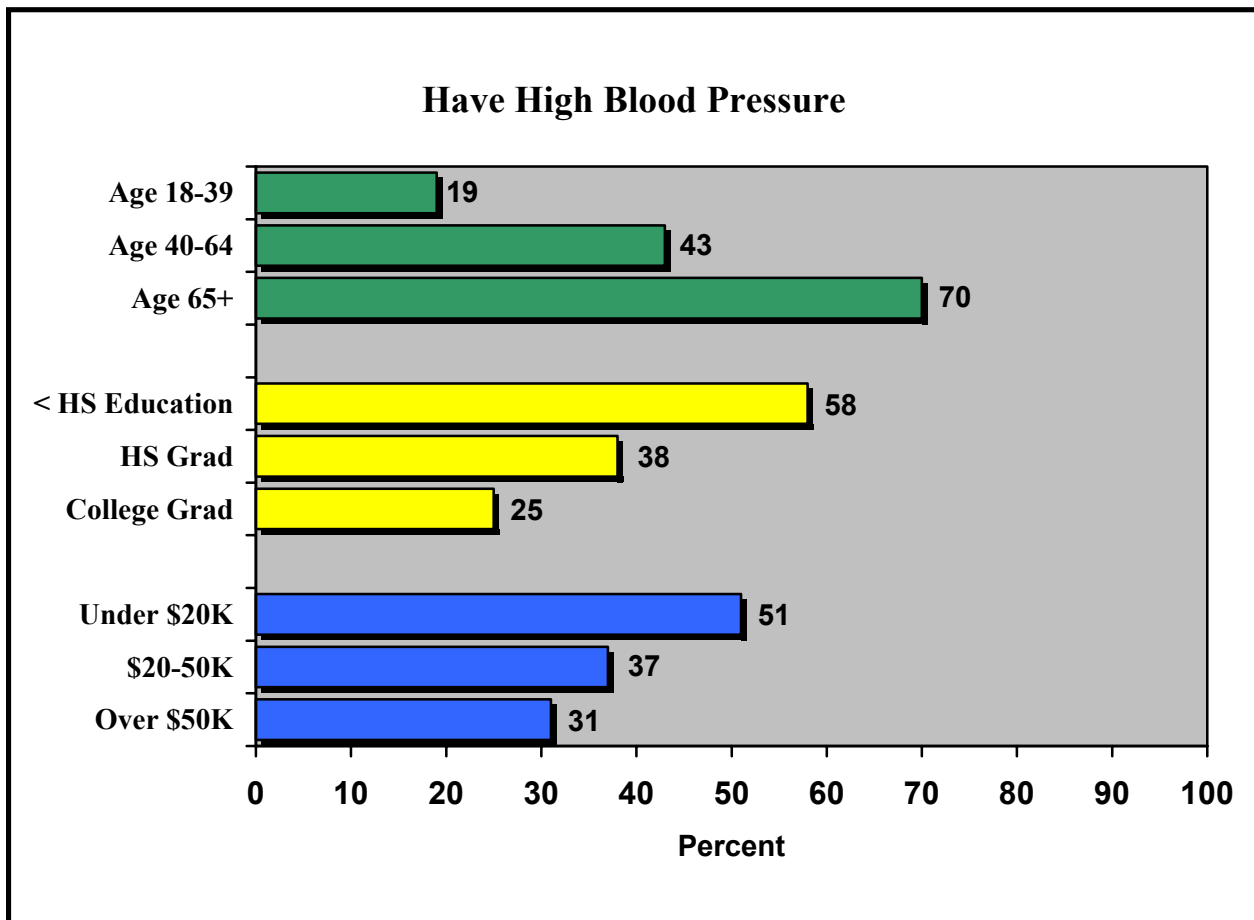
Risk Factor Definition: Have high blood pressure

Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? –and– Are you currently taking medicine for your high blood pressure?

At Risk: Those who answered “yes” are considered at risk.

### Who is at risk in Ashley County?

Thirty-nine percent (39%) of Ashley County adults have been given a hypertension diagnosis by a doctor or other healthcare professional. Older respondents and those with less education or income were more likely to report having high blood pressure.





# Cholesterol

People with high cholesterol are at a higher risk for heart attack and stroke.

## Tests for Cholesterol

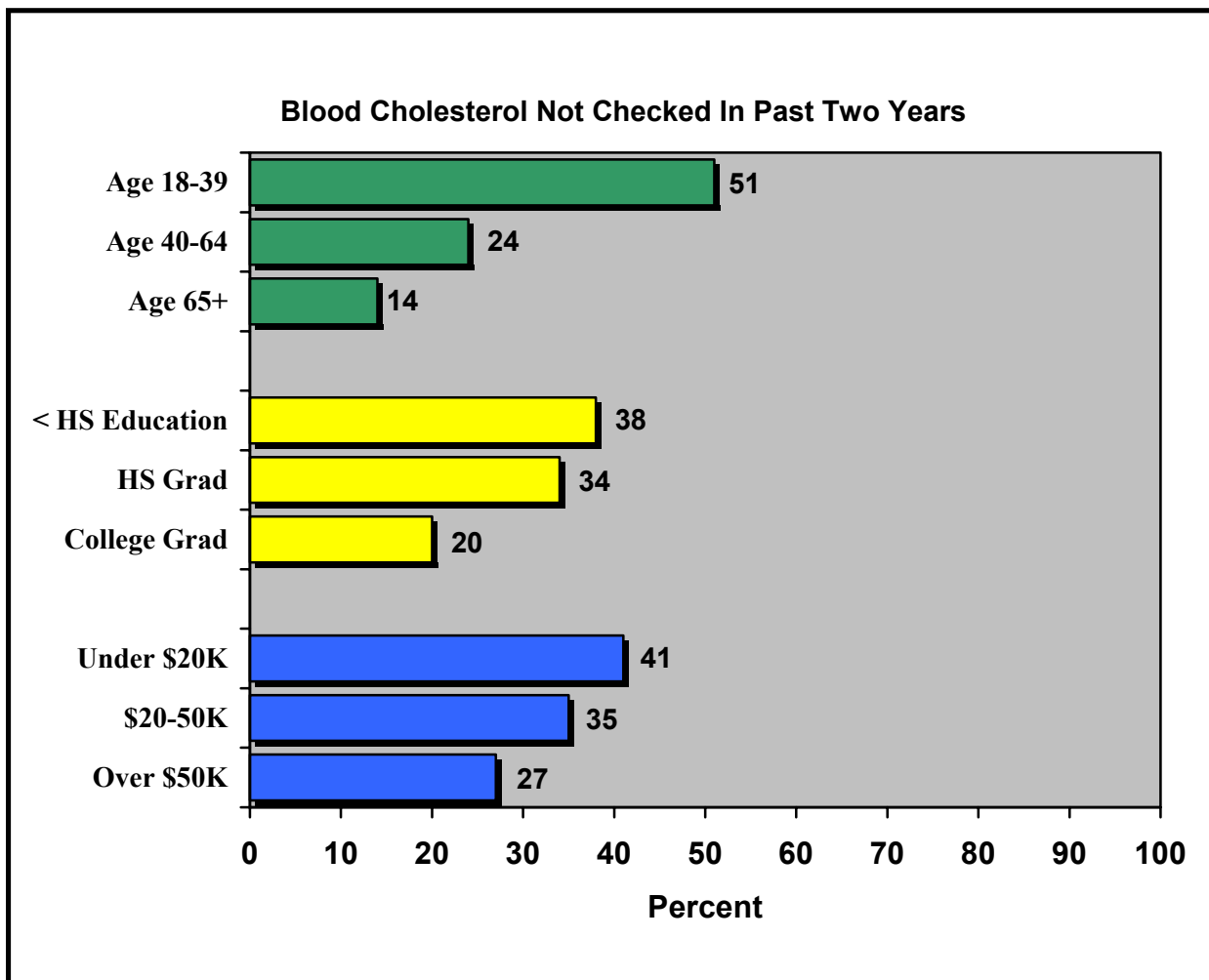
Risk Factor Definition: Have not had blood cholesterol checked in past two years

- Questions:
1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
  2. About How long has it been since you had your blood cholesterol checked?

At Risk: Those who have not had their blood cholesterol checked within the past 2 years are considered at risk.

## Who is at risk in Ashley County?

Thirty-two percent (32%) of Ashley County adults have not had their blood cholesterol tested within the past 2 years. Younger respondents were far less likely to have had their blood cholesterol tested within the past two years. Those with less education or income were also less likely to have been tested.



## Cholesterol (continued)

Cholesterol Level

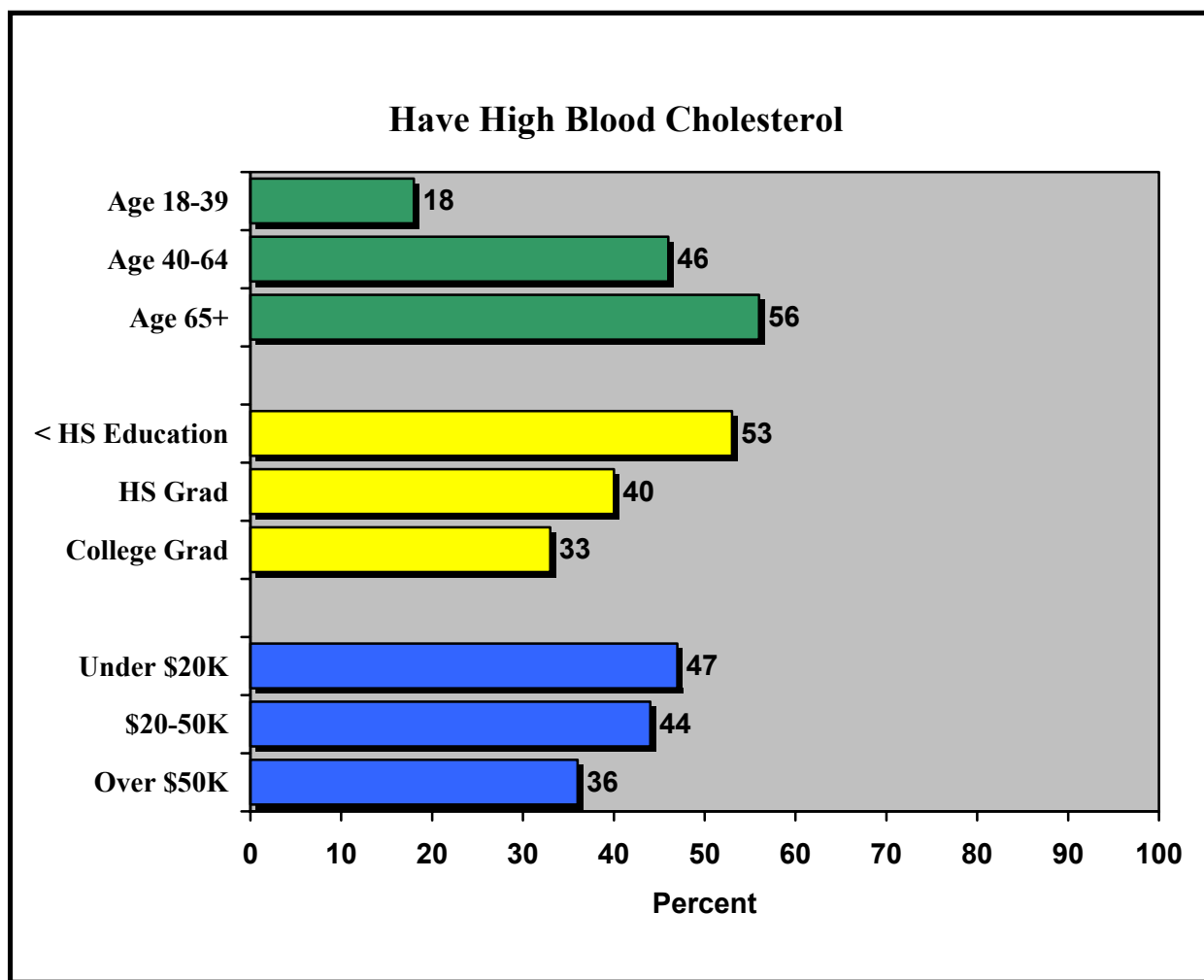
Risk Factor Definition: Have High Blood Cholesterol

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At Risk: Those who answered “yes” are considered at risk.

### Who is at risk in Ashley County?

Forty percent (40%) of Ashley County adults have been given a high blood cholesterol diagnosis by a doctor or other healthcare professional. Older respondents and those with less education or income were more likely to report a high blood cholesterol diagnosis than others.



## Asthma

Asthma is a chronic inflammatory disease of the airways that is characterized by wheezing, breathlessness, chest tightness, and coughing. Asthma is a serious and growing health problem. Severe asthma attacks often result in hospitalizations or emergency department visits.

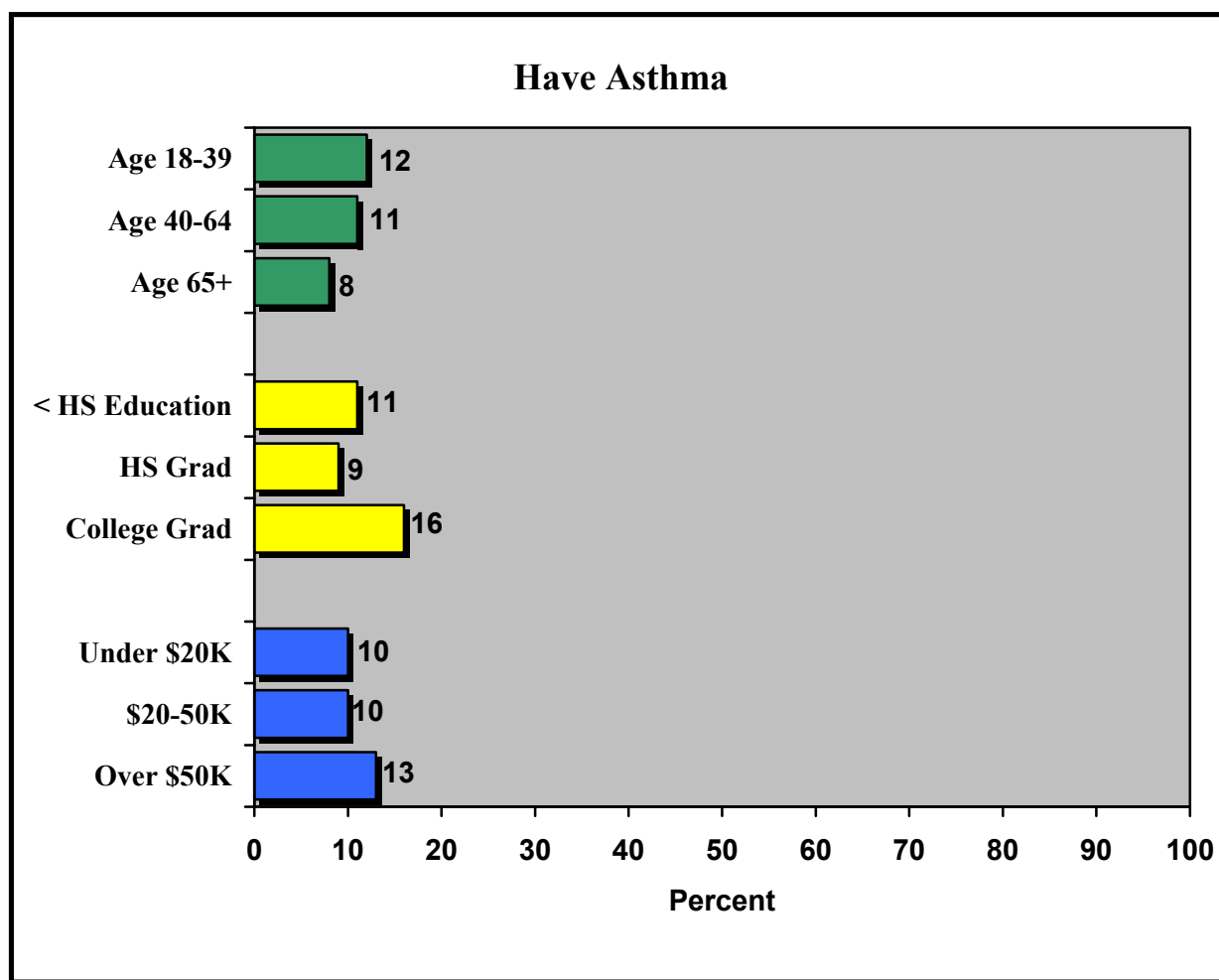
Risk Factor Definition: Have asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At Risk: Those who said “yes” are considered at risk.

### Who is at risk in Ashley County?

Eleven percent (11%) said they had been told by a doctor or other healthcare professional that they have asthma.



## Diabetes

Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is a leading cause of death in Arkansas.

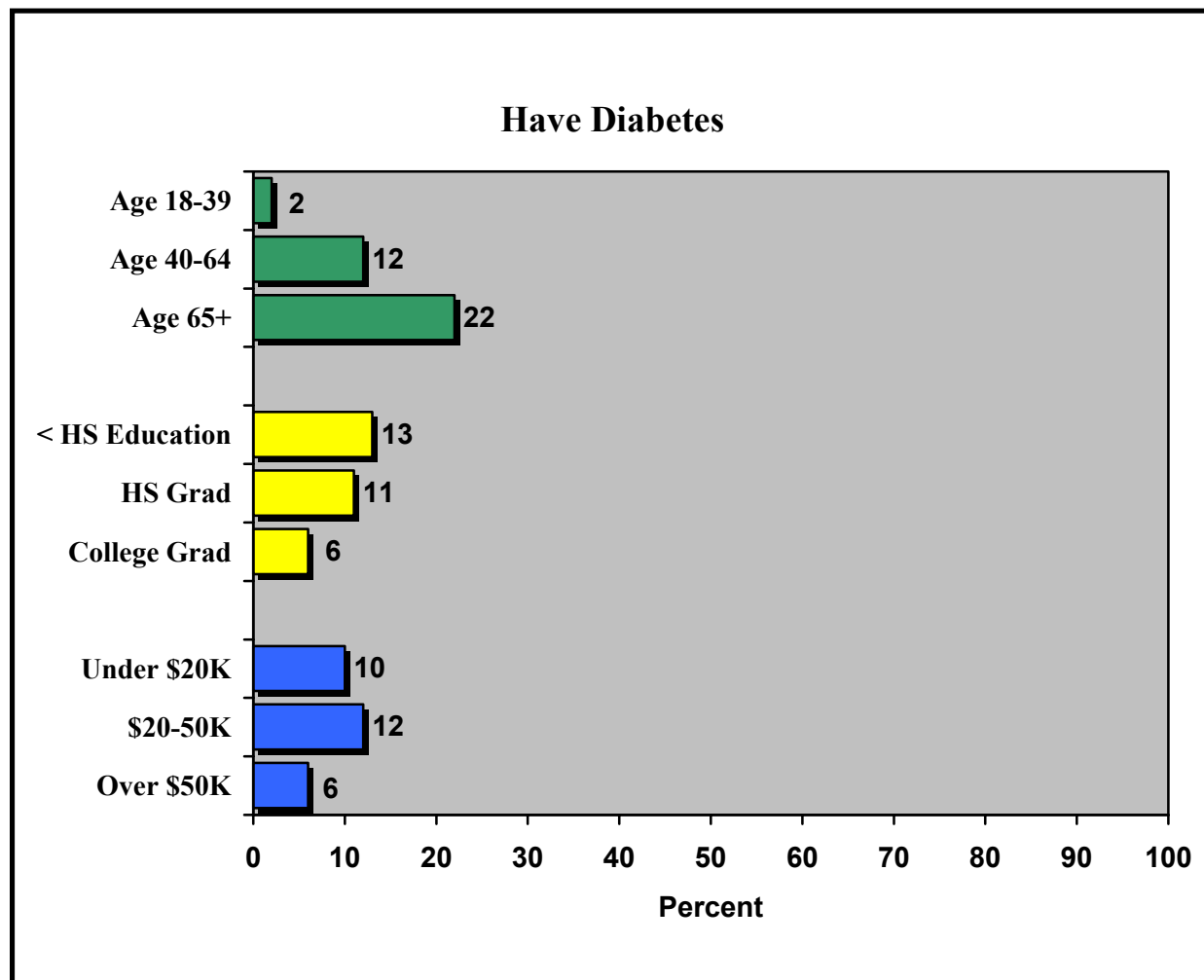
Risk Factor Definition: Have diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered “yes” are considered at risk.

### Who is at risk in Ashley County?

Ten percent (10%) of Ashley County adults have been given a diabetes diagnosis by a doctor. Older people, those with less education, and respondents with middle to lower incomes were more likely to report a diabetes diagnosis than others.



## Arthritis

Arthritis is the leading cause of disability in the nation. Arthritis limits everyday activities and adversely affects physical and mental health. The term arthritis encompasses over 100 different conditions affecting the joints and muscles.

Diagnosed with Arthritis

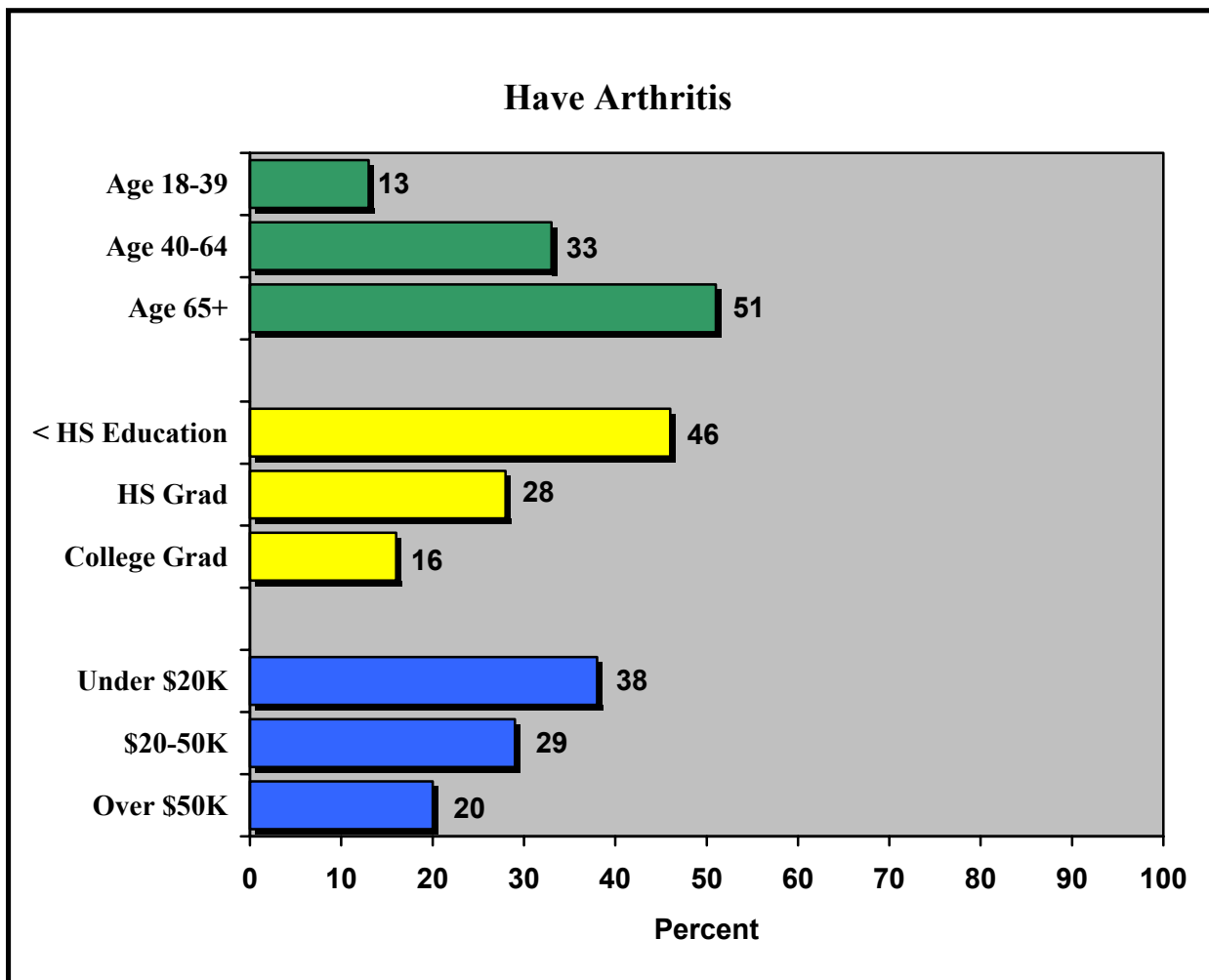
Risk Factor Definition: Have arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At Risk: Those who answered “yes” are considered at risk.

### Who is at risk in Ashley County?

Twenty-nine percent (29%) of Ashley County adults have been given an arthritis diagnosis by a doctor. Older people and those with less education or annual household income were more likely to report arthritis than others.



## Arthritis (continued)

### Limitations Due to Arthritis

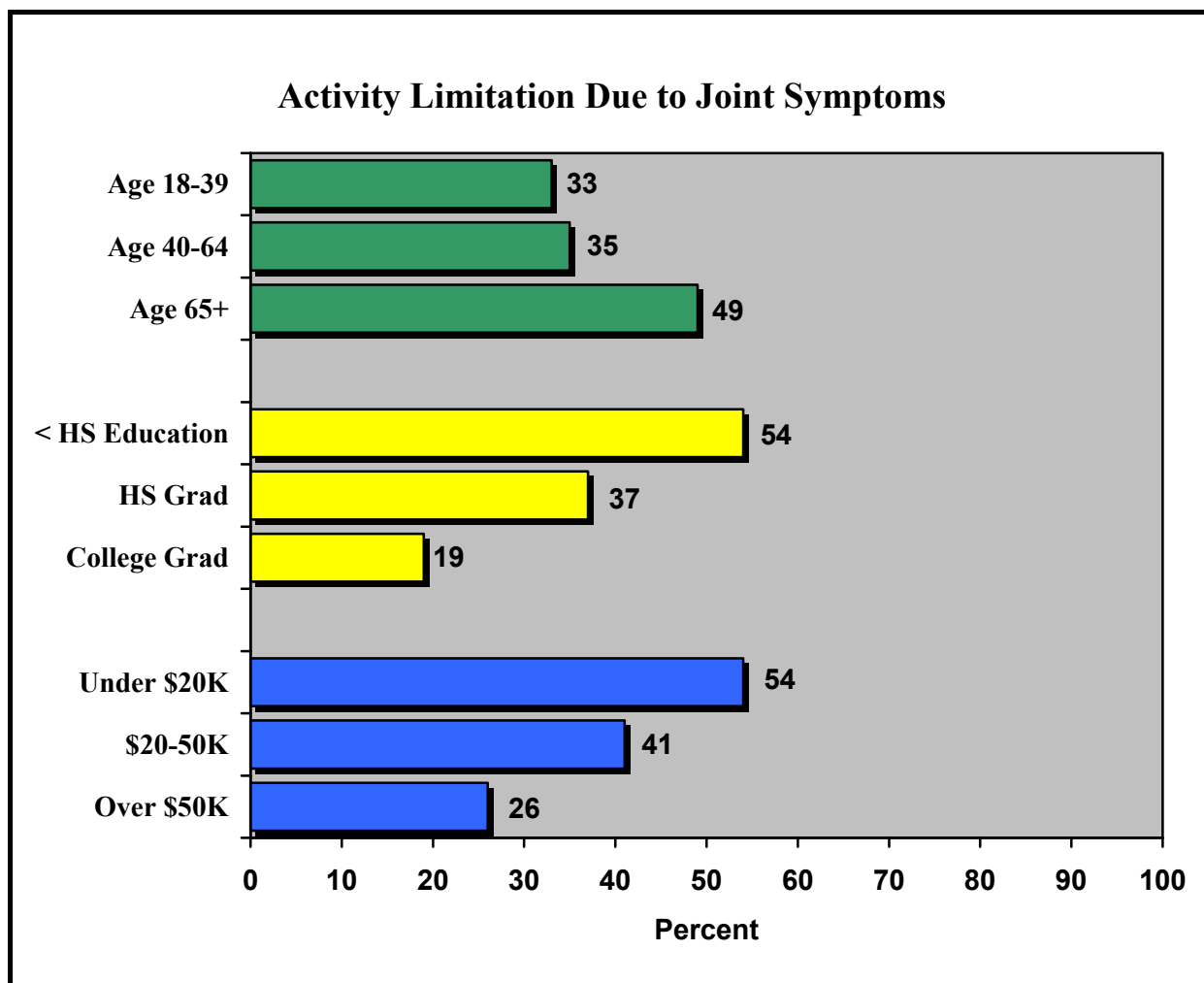
Risk Factor Definition: Have Activity Limitations Due to Joint Symptoms

Question: Are you now limited in any way in any activities because of joint symptoms?

At Risk: Those who answered “yes” are considered at risk.

### Who is at risk in Ashley County?

Thirty-eight percent (38%) of Ashley County adults indicated a limitation in activities because of joint symptoms. Older people, people with less education, and those with lower income were more likely to report an activity limitation due to joint symptoms than others.



## Colorectal Cancer Screening

Colorectal cancer is the second leading cause of all cancer deaths in Arkansas according to the Arkansas Cancer Coalition. Some of the risk factors include age, family history, physical inactivity, obesity, and cigarette smoking.

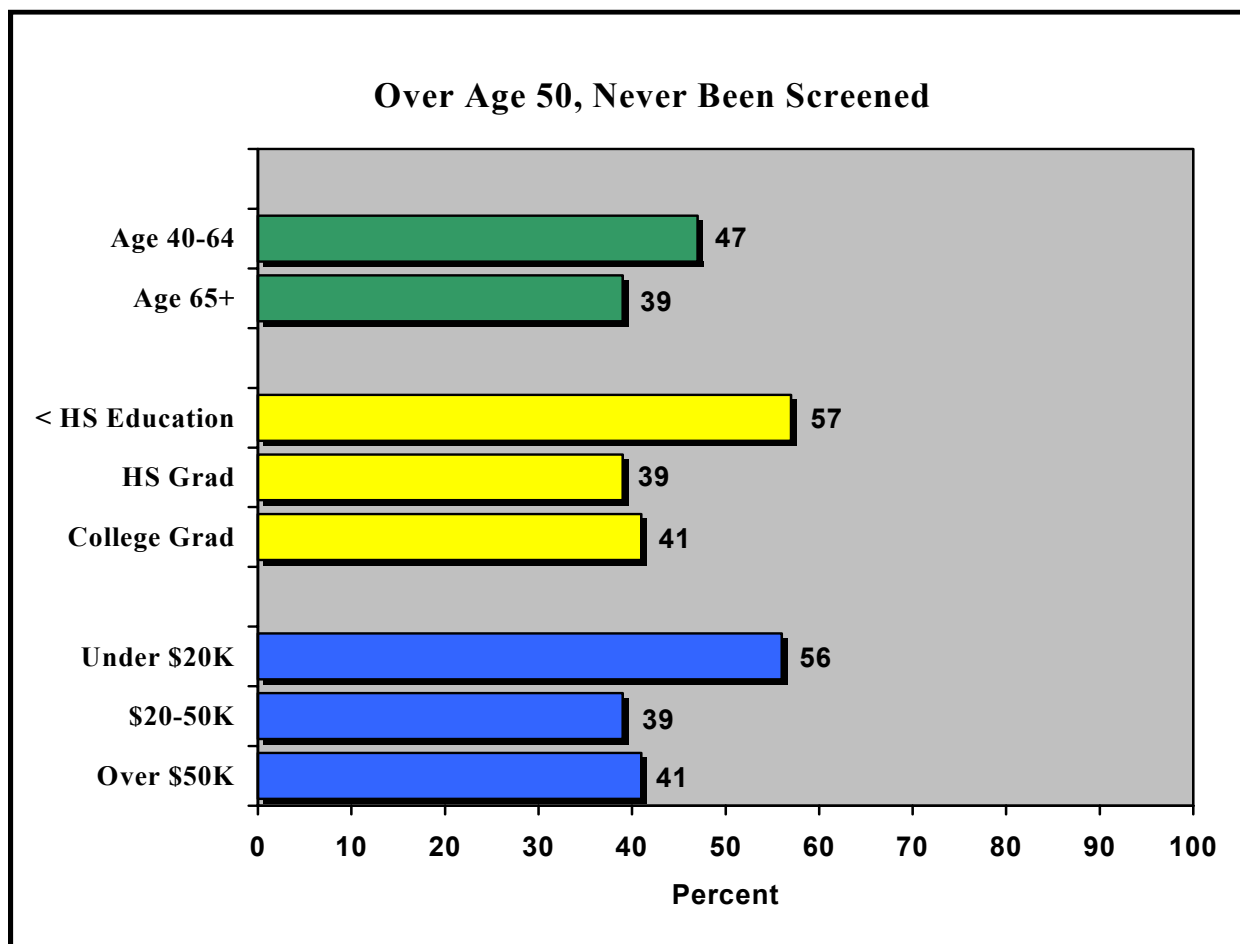
Risk Factor Definition: Over age 50 and never been screened

**Question:** Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. Have you ever had these exams?

**At Risk:** Those aged 50 and older who answered “no” are considered at risk.

### Who is at risk in Ashley County?

Forty-three percent (43%) of Ashley County over the age of 50 have never been screened for colorectal cancer.



## Prostate Cancer Screening

Prostate cancer is the most common form of cancer for men in Arkansas, aside from skin cancer. Age, race, family history, and diet may be risk factors for prostate cancer. Older men and African American men are most at risk.

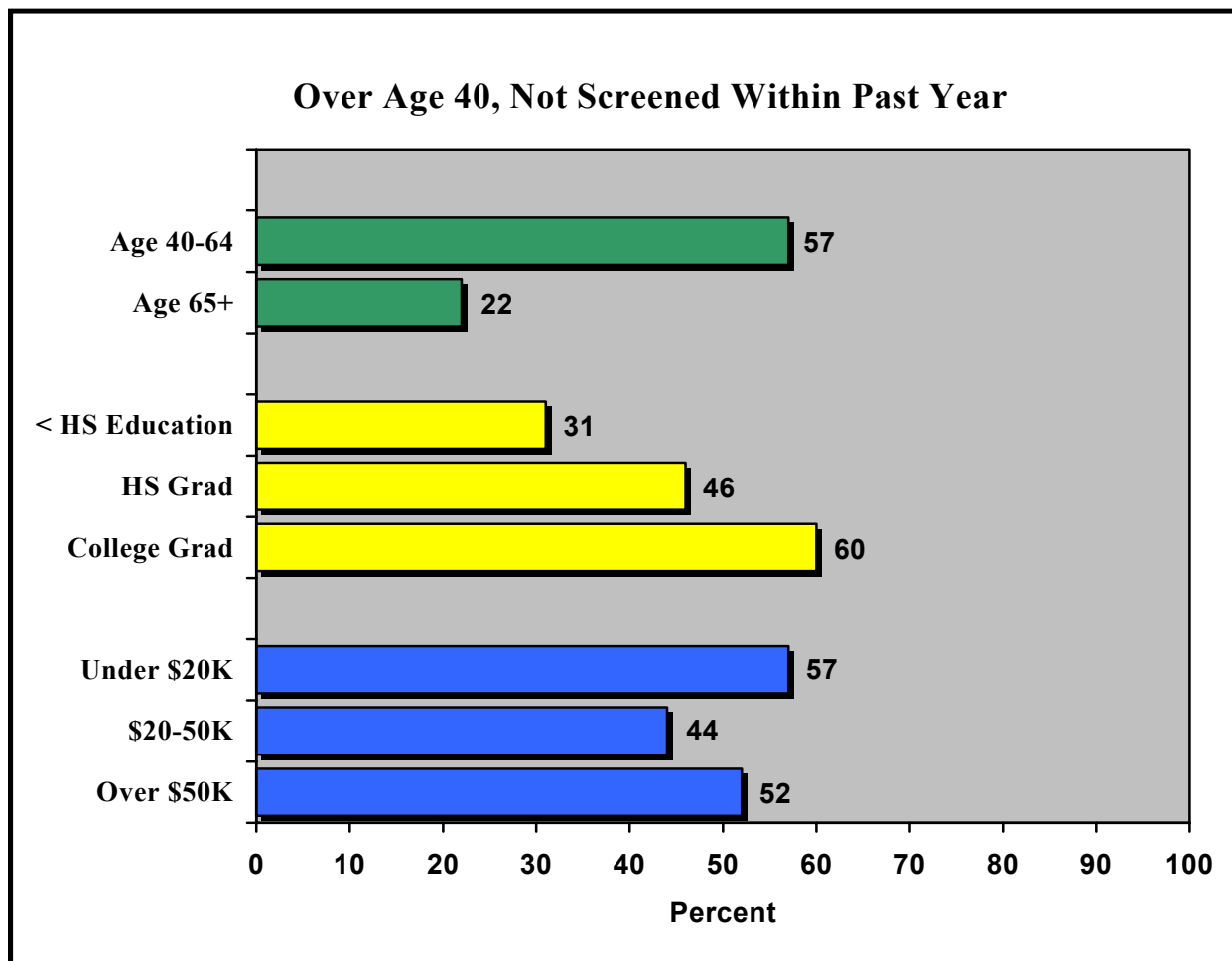
Risk Factor Definition: Male, over age 40, and not screened within the past year

**Question:** A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had these exams?

**At Risk:** Those aged 40 and older who answered “no” are considered at risk.

### Who is at risk in Ashley County?

Forty-eight percent (48%) of Ashley County males over age 40 indicated they had not been screened for prostate cancer within the past year.





## Immunization

Immunization against influenza can prevent serious illness and death. Getting the flue shot not only helps you but it lessens the chance that you will spread the illness to someone else.

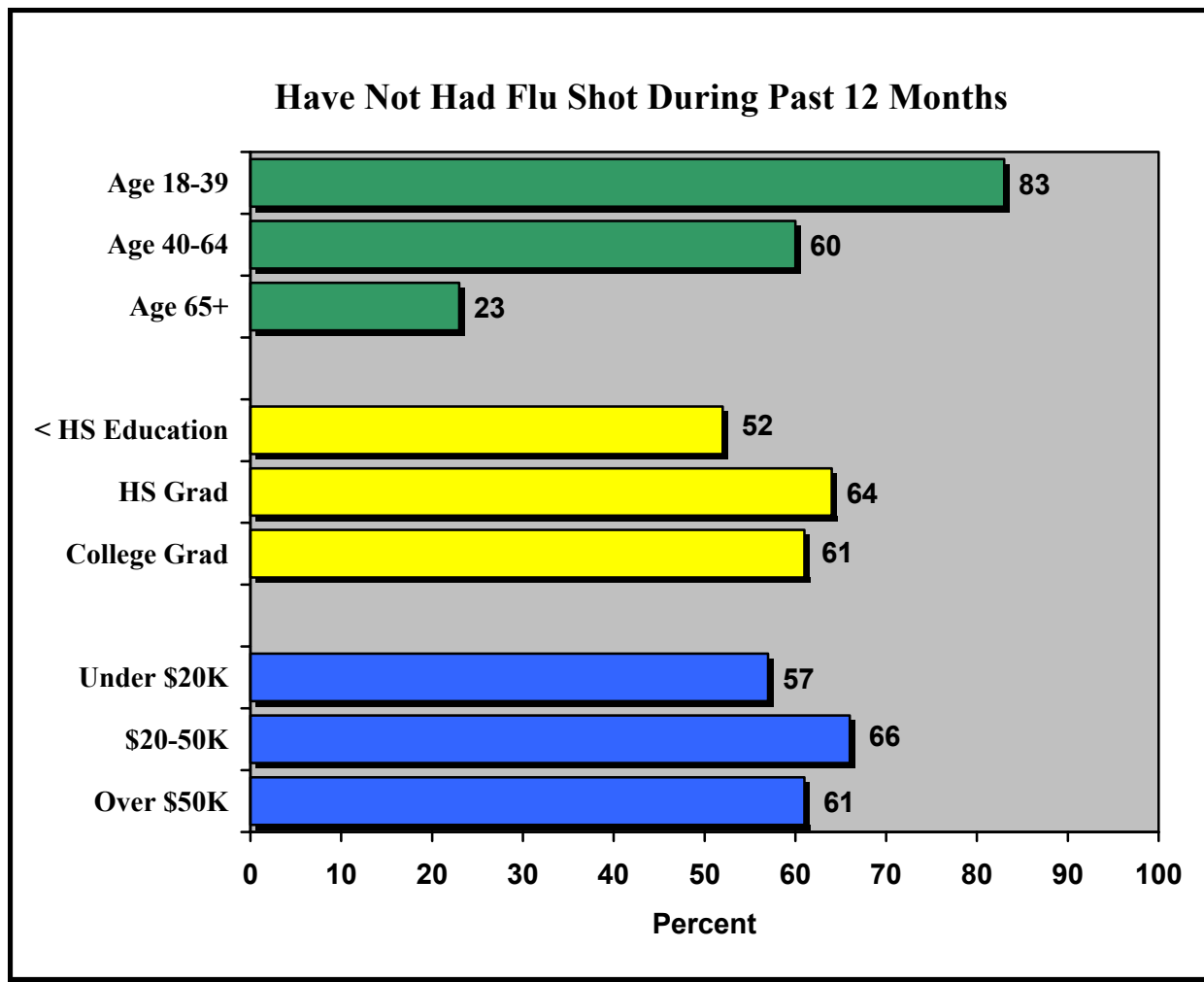
Risk Factor Definition: No Flu Shot

Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered “No” are considered at risk.

### Who is at risk in Ashley County?

Sixty-two percent (62%) of Ashley County adults have not had a flu shot during the past 12 months. Younger people were less likely to have had a flu shot during the past 12 months.



## Physical Activity

Regular physical activity is important for people of all ages. It is important for maintaining a healthy body, enhancing quality of life, and preventing premature death.

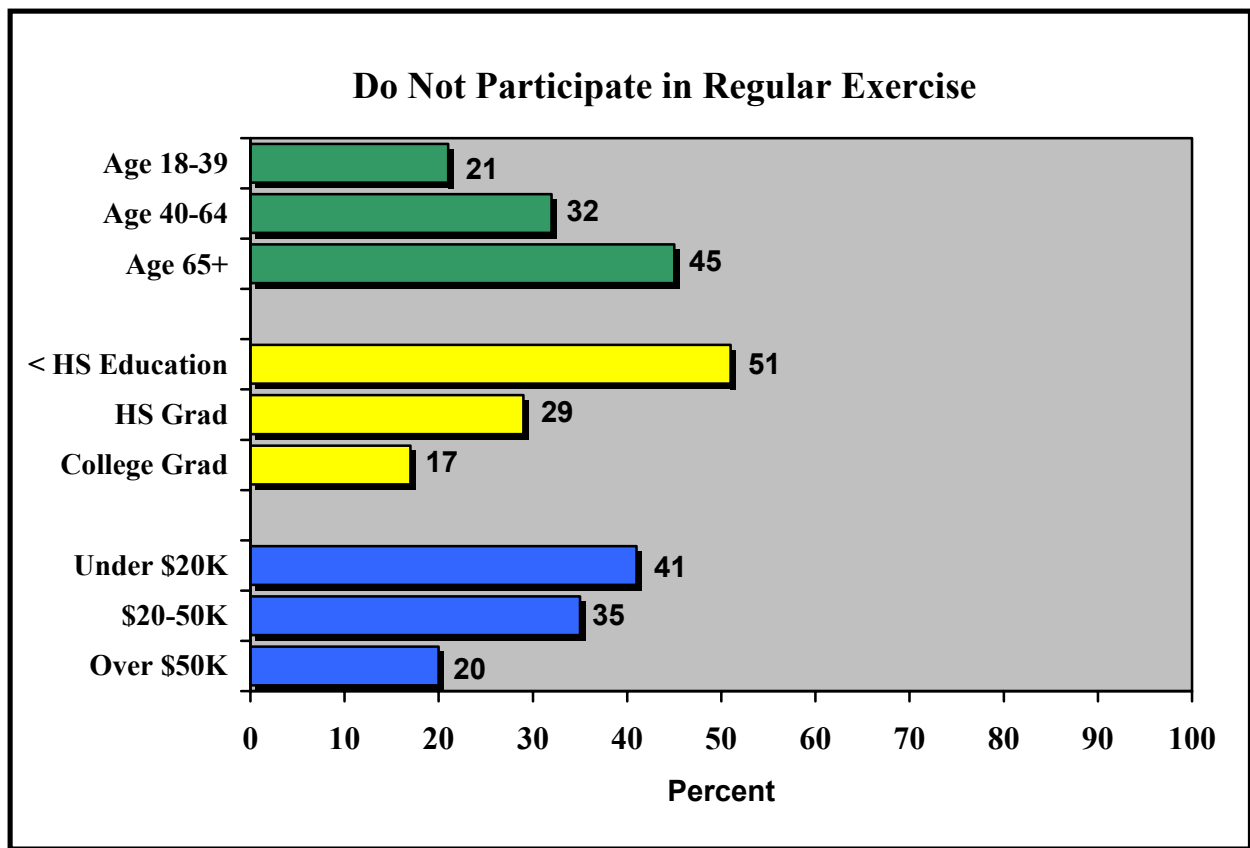
Risk Factor Definition: Do not participate in regular physical activity

Question: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in physical activity on a regular basis are at risk.

### Who is at risk in Ashley County?

Thirty percent (30%) of Ashley County's adult residents did not participate in regular physical activity during the past month. Younger respondents and those with more education or income were more likely to get regular exercise.



## Overweight

Overweight and obesity have risen considerably over the past several years and are major contributors to preventable causes of death. They raise the risk of social stigmatization, discrimination, and low self-esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gallbladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer.

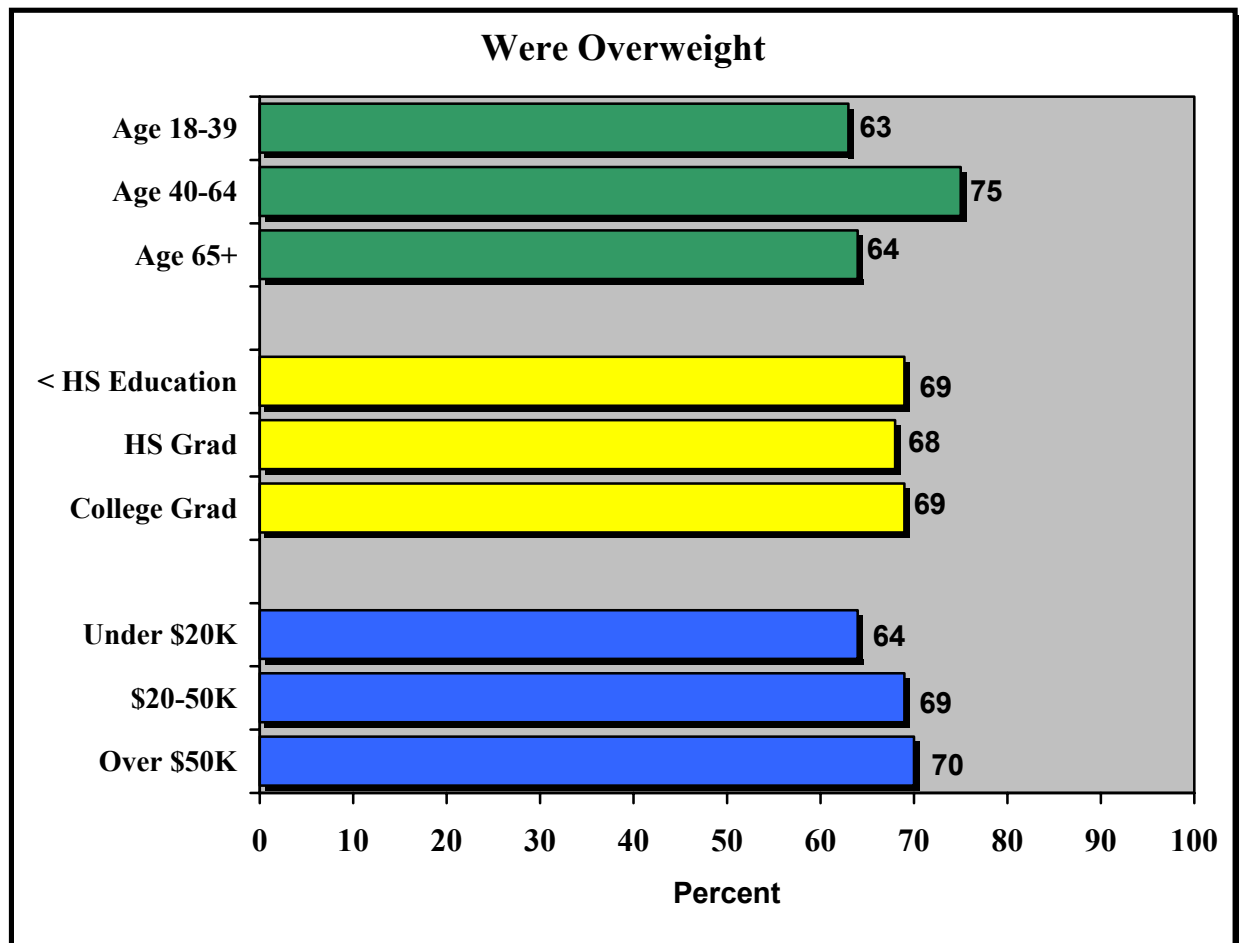
Risk Factor Definition: Overweight as measured by Body Mass Index

Questions: 1. How much do you weigh without shoes?  
2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight. BMI is a ratio of weight to height.

### Who is at risk in Ashley County?

Sixty-eight percent (68%) of Ashley County's adults are overweight.



## Disability

Survey respondents were asked about health problems or impairments that they had. These include impairments that are either present at birth or acquired from illness or injury. People with disabilities face special challenges related to health, productivity, independence, and quality of life.

### General Activity Limitations

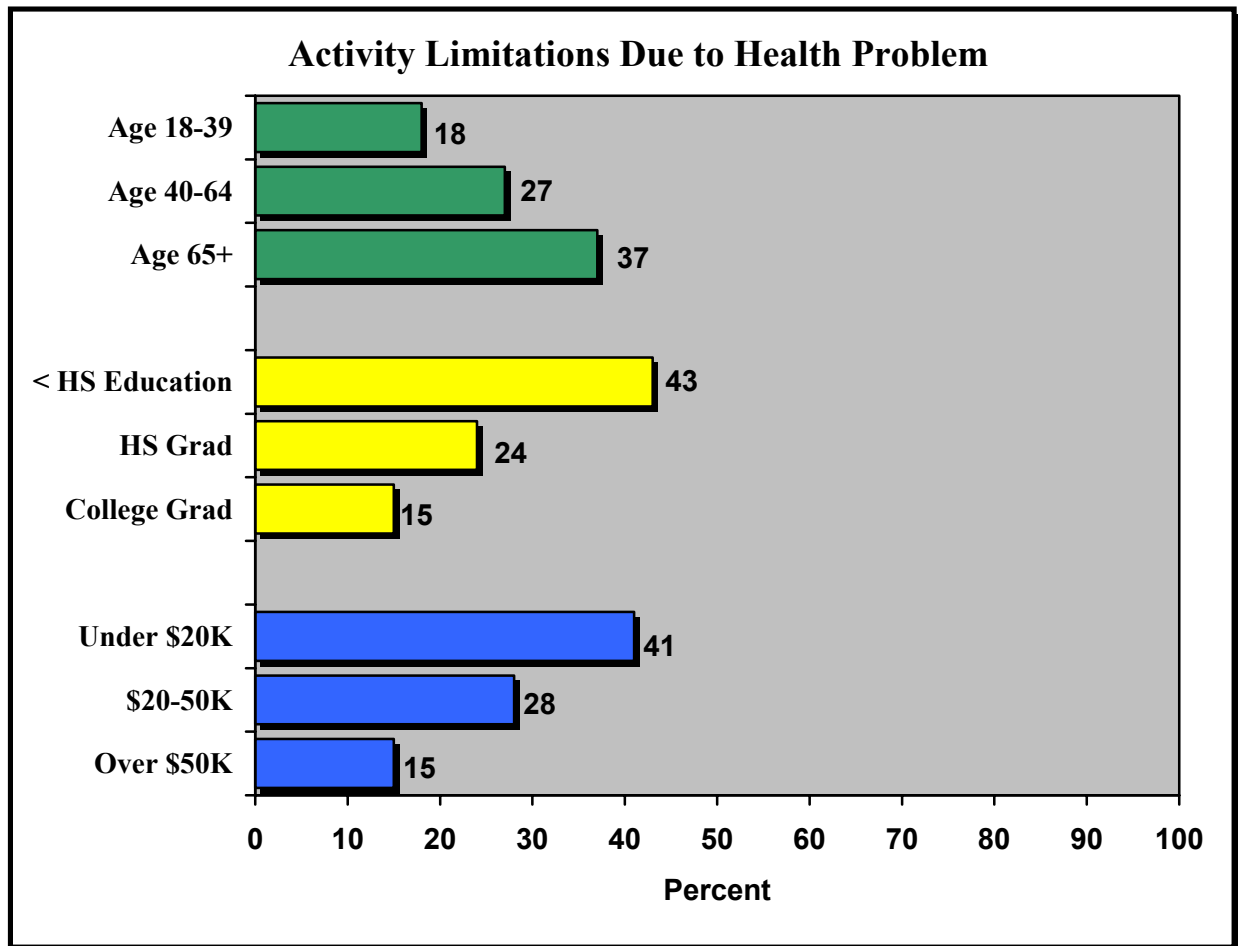
#### Risk Factor Definition: Activity limitations

Questions: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At Risk: Those who answered “yes” are considered at risk.

### Who is at risk in Ashley County?

Twenty-five percent (25%) of the adults in Ashley County reported that they had some activity limitations caused by a health condition. Older respondents and those with less education and income were more likely to report activity limitations.



## Alcohol Consumption

Many serious problems are associated with alcohol use. These include violence and injury.

Alcohol consumption

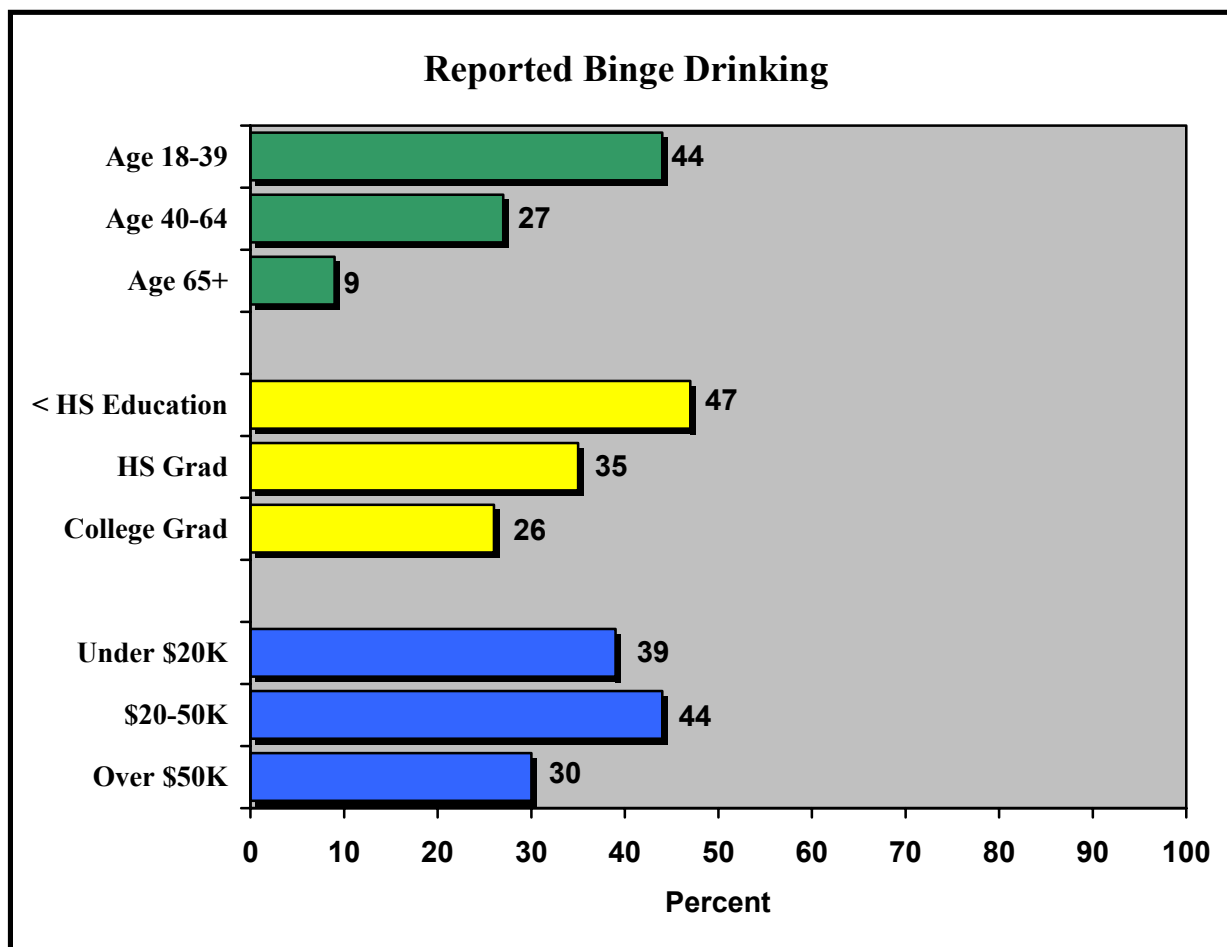
Risk Factor Definition: Binge Drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

### Who is at risk in Ashley County?

Of those who reported drinking at least once in the past thirty days, 35% said they had consumed five or more drinks on at least one occasion in the past month. Younger people and those with less education were more likely to report binge drinking.



## Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Ashley County Adult Health Survey. Cigarette smoking is the single most preventable cause of disease and death. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung disease.

### Cigarette Smoking

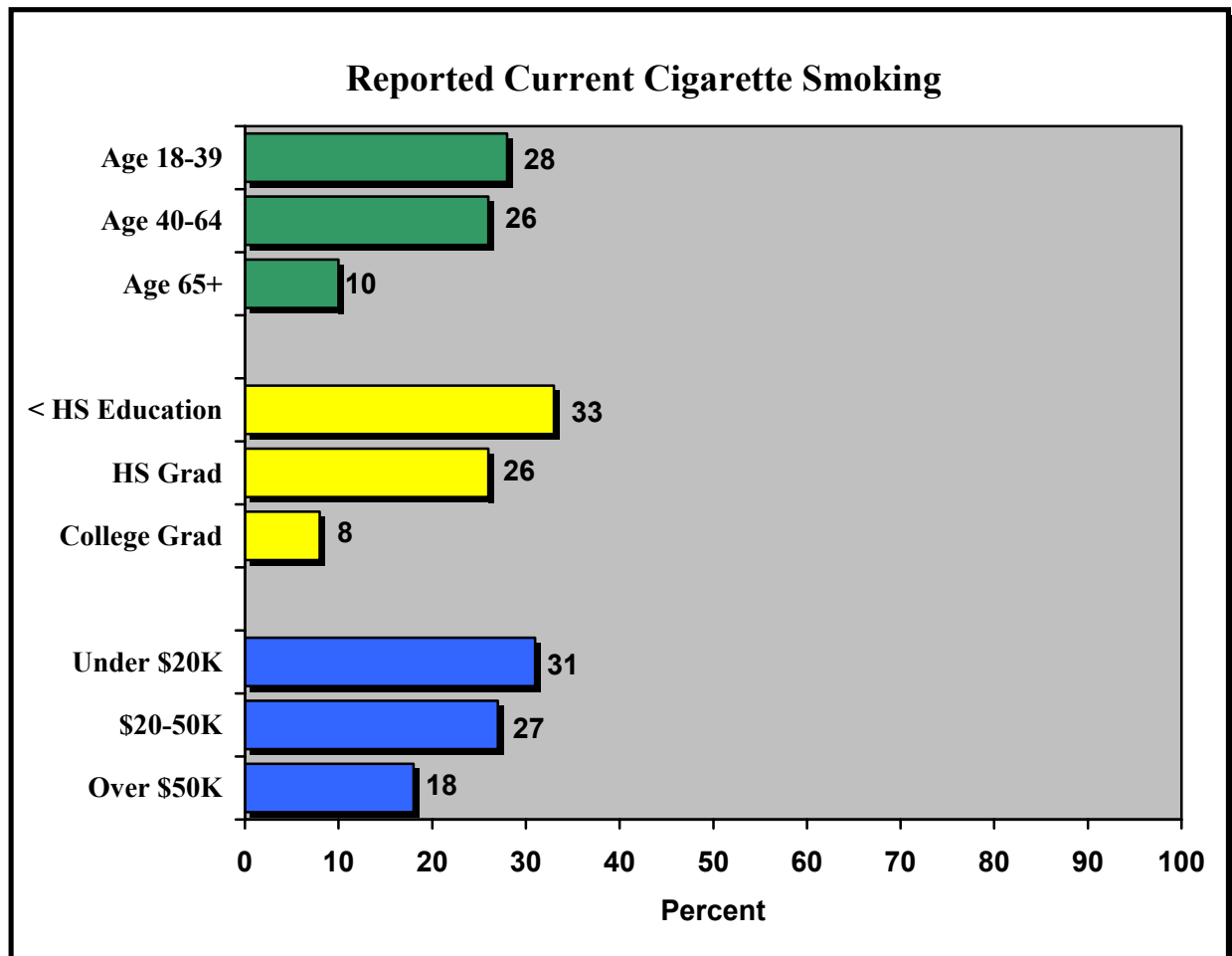
Risk Factor Definition: Currently smoke cigarettes

Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

### Who is at risk in Ashley County?

Twenty-four percent (24%) of the adults in Ashley County smoked cigarettes in the past month. Younger people and people with less education or annual household income were more likely to smoke cigarettes.



## Tobacco Use (continued)

### Cigarette Smoking Cessation

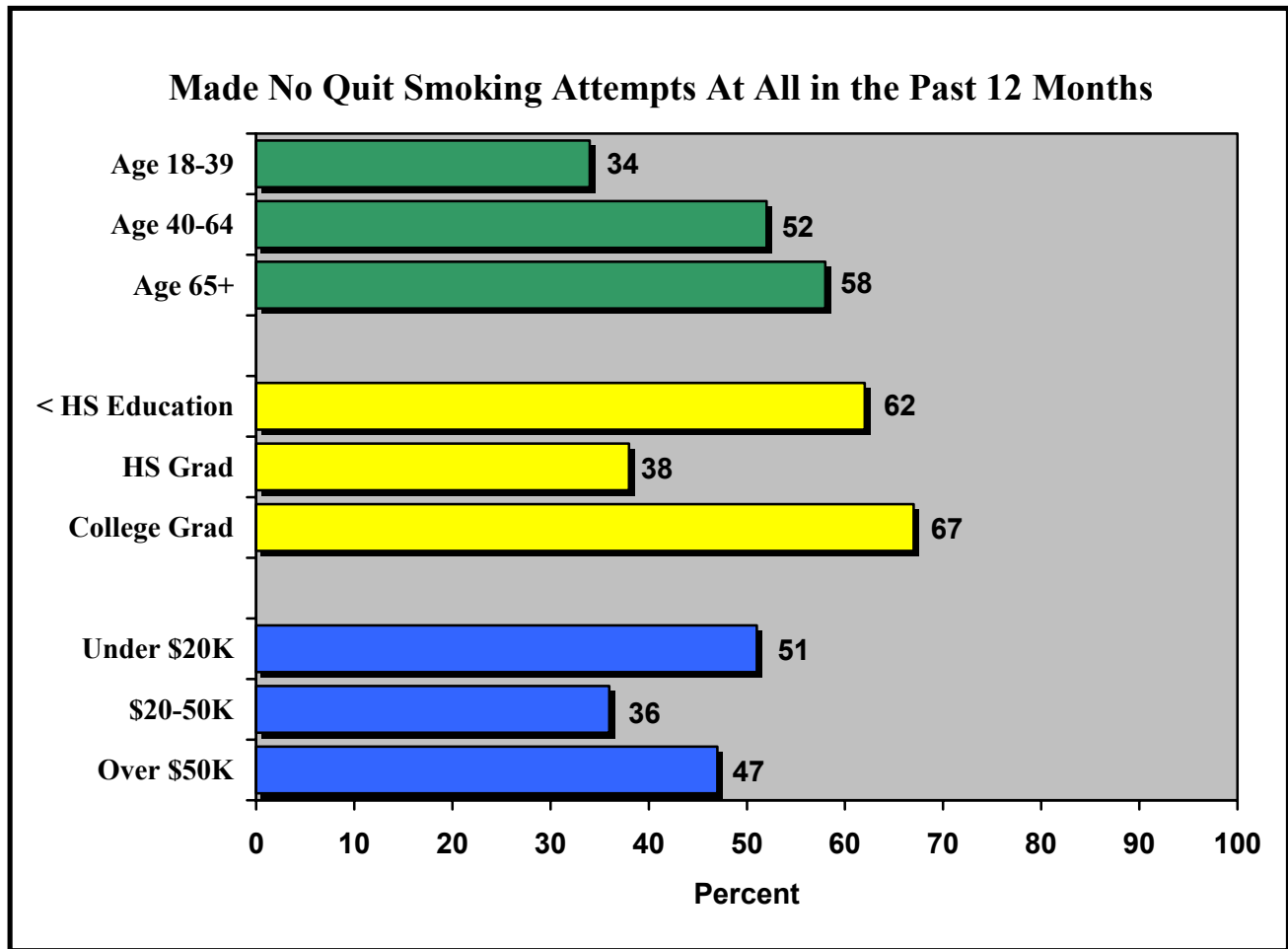
#### Risk Factor Definition: Smoking cessation

Question: During the past 12 months, have you quit smoking for one day or longer?

At Risk: **Of those who smoked in the past month**, people who answered “no” are considered at risk for continued cigarette smoking.

### Who is at risk in Ashley County?

Of the current adult smokers in Ashley County, 44% had not quit for at least one day in the past year. Older smokers were less likely to have a smokeless day in the past year.



## Tobacco Use (continued)

### Cigar Smoking

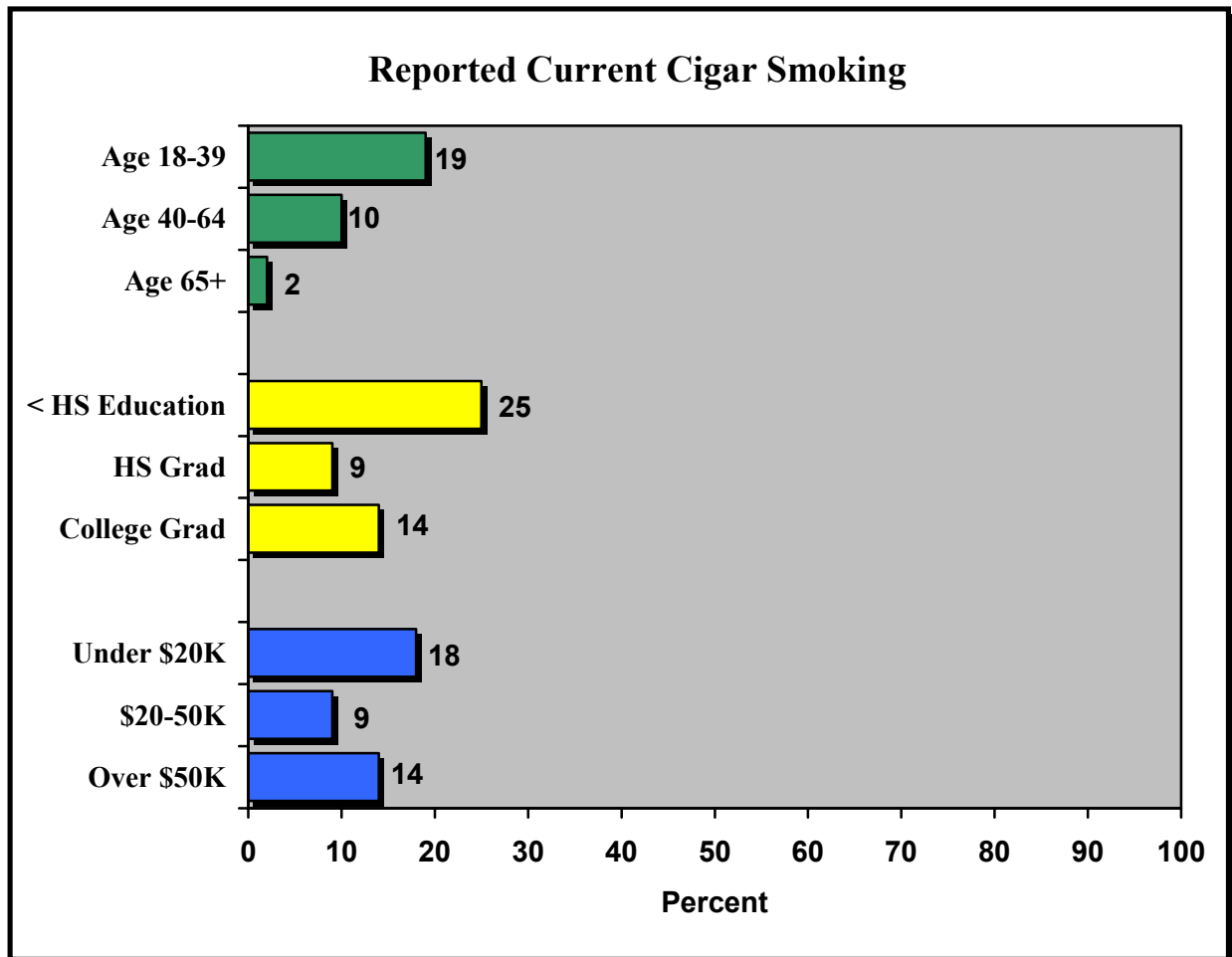
Risk Factor Definition: Currently smoke cigars

Question: Do you smoke cigars every day, some days, or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

### Who is at risk in Ashley County?

Twelve percent (12%) of the adults in Ashley County smoked cigars in the past month. Younger people and those with less than a high school education or income under \$20,000 were more likely to smoke cigars.





## Tobacco Use (continued)

### Pipe Use

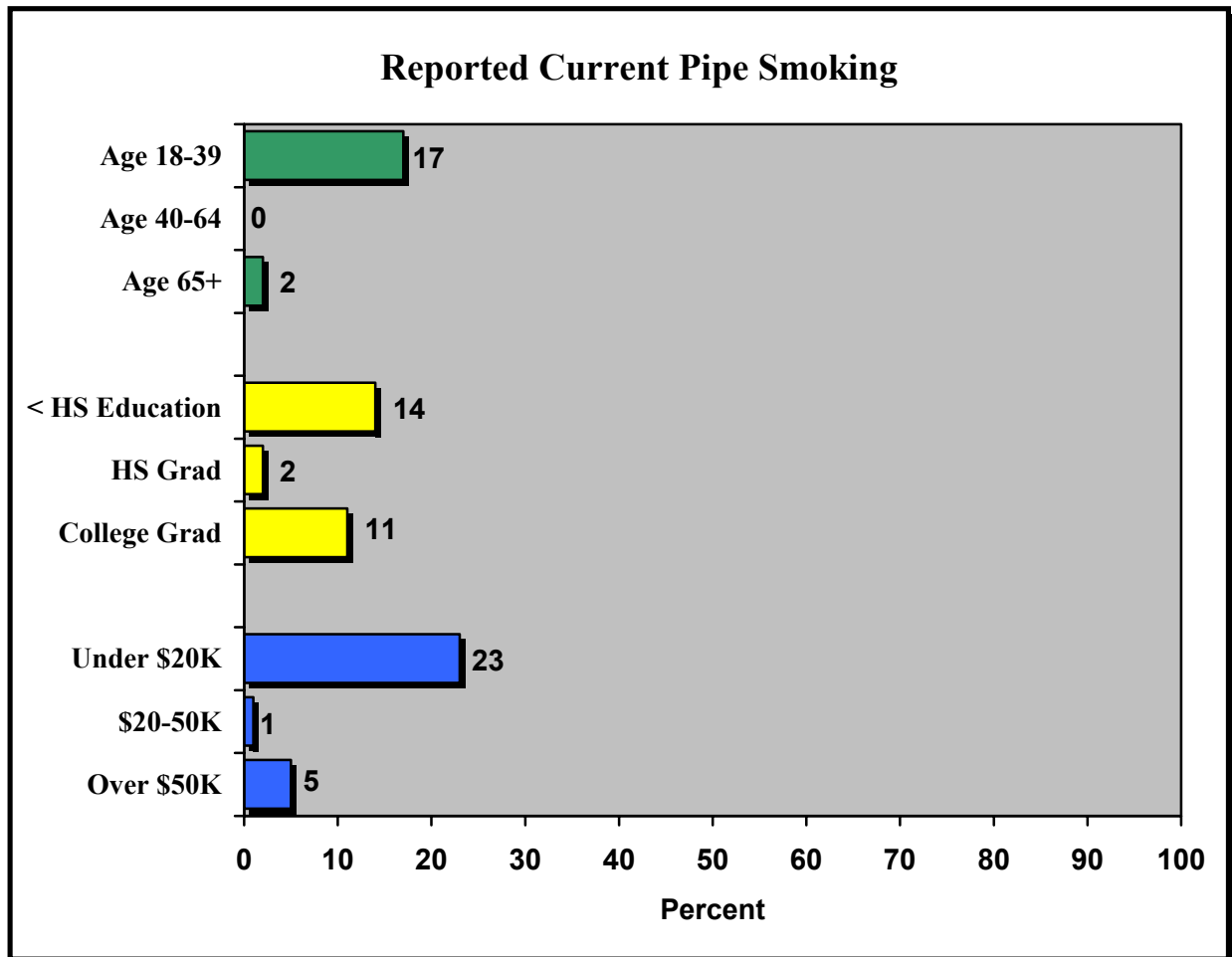
Risk Factor Definition: Smoking a pipe

Question: Do you now smoke a pipe every day, some days, or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

### Who is at risk in Ashley County?

Five percent (5%) of the adults in Ashley County smoked the pipe in the past month. People under the age of 40, people with less than a high school education, and those with annual household incomes under \$20,000 were most likely to smoke a pipe.



## Tobacco Use (continued)

### Smoking in Home

Exposure to second-hand smoke has serious health effects, including death. It increases the risk of heart disease and significant lung conditions.

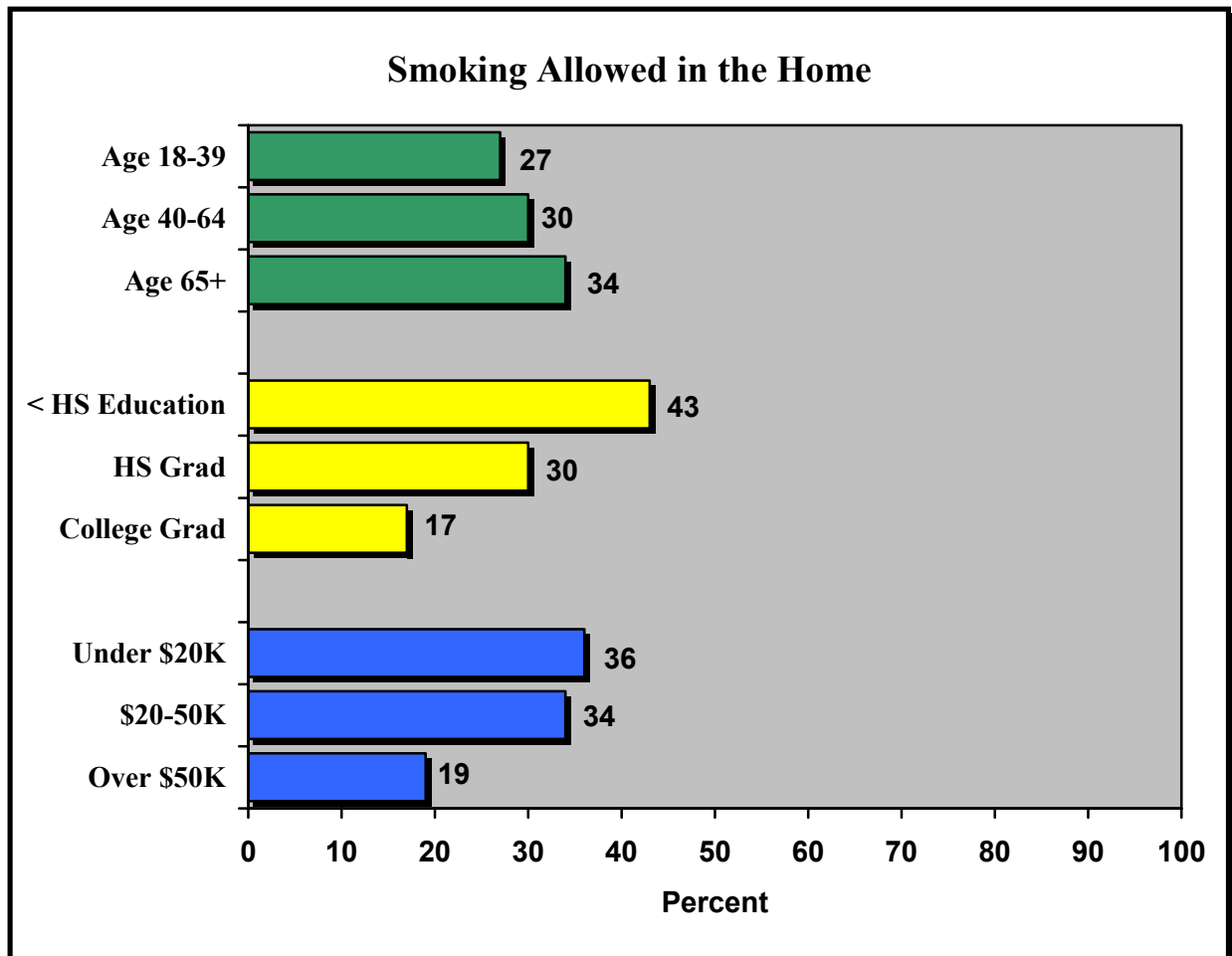
Risk Factor Definition: Smoking is allowed in the home

Question: Which statement best describes the rules of smoking inside your home?

At Risk: Those who did not indicate that smoking is not allowed anywhere inside the home are considered at risk.

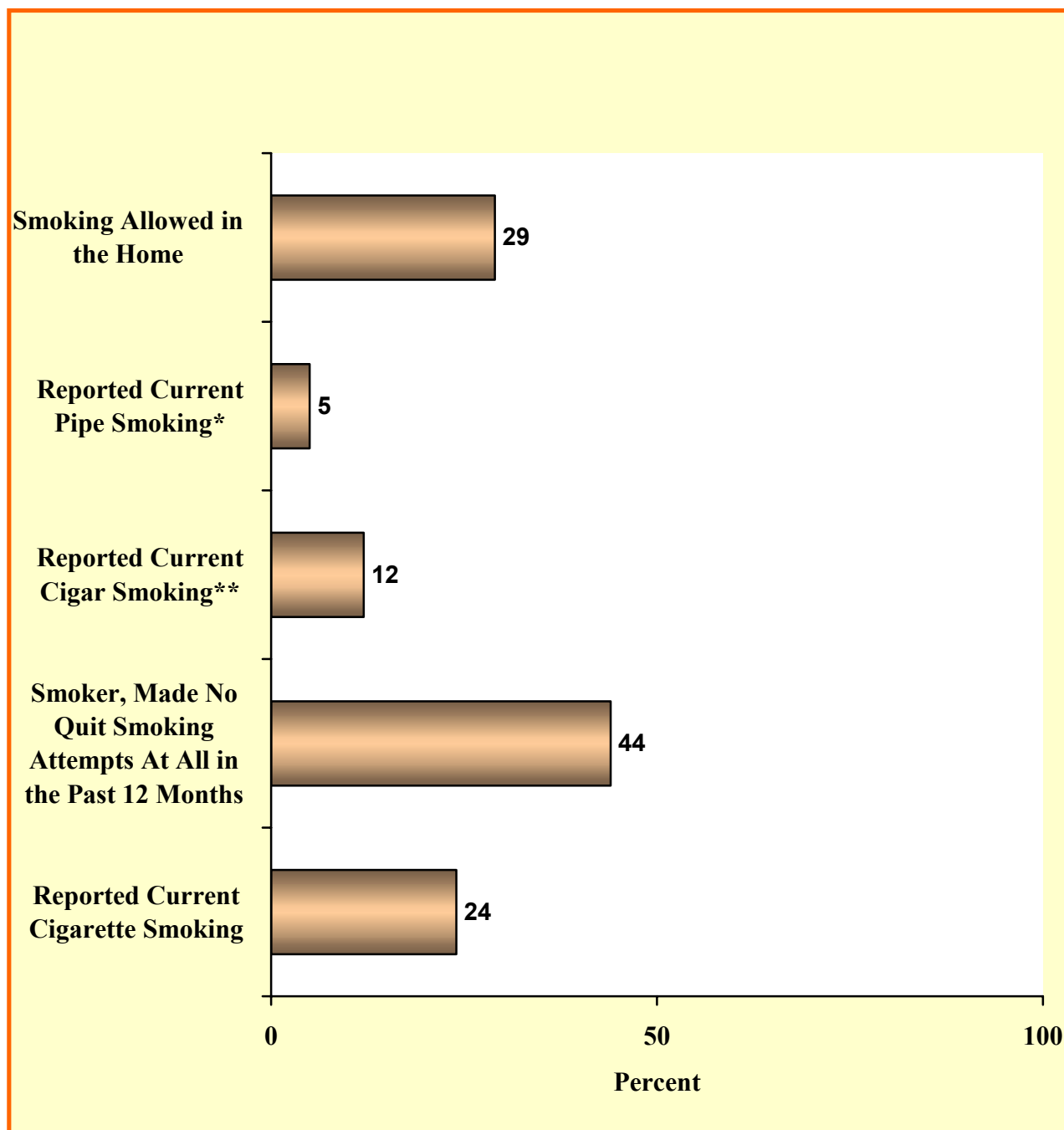
### Who is at risk in Ashley County?

Twenty-nine percent (29%) of the adults in Ashley County indicated that smoking is allowed inside their home. Older respondents and those with less education and those with lower incomes were more likely to live in homes where smoking is allowed.



## Tobacco Use Summary

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Ashley County Adult Health Survey.



*\*Of those who have ever tried smoking tobacco in a pipe, even one or two puffs*

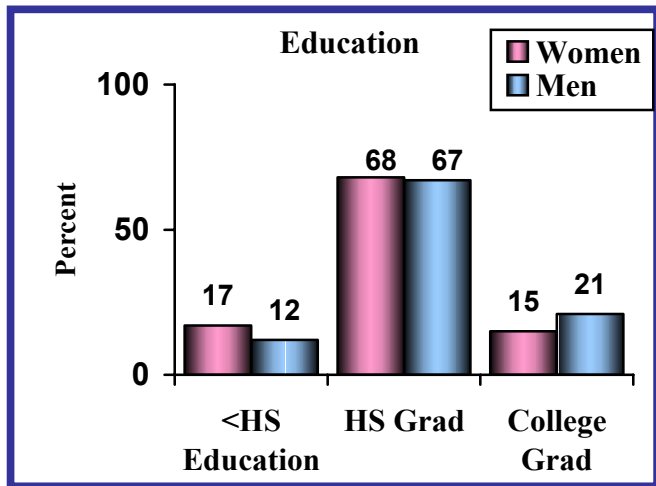
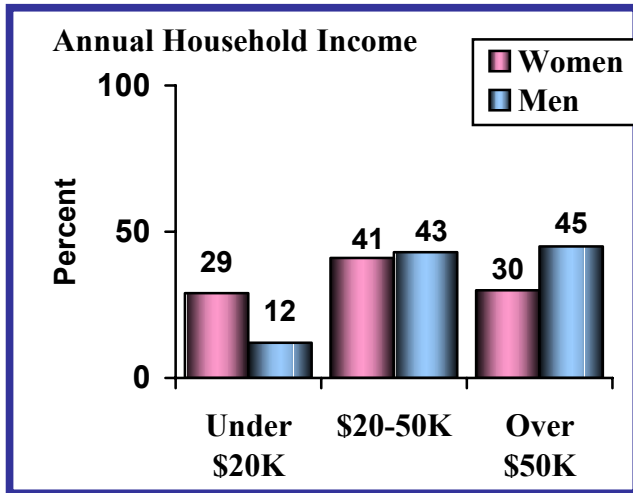
*\*\*Of those who have ever tried smoking a cigar, even one or two puffs*

# Women's Health and Risk Factors

# Women's Health

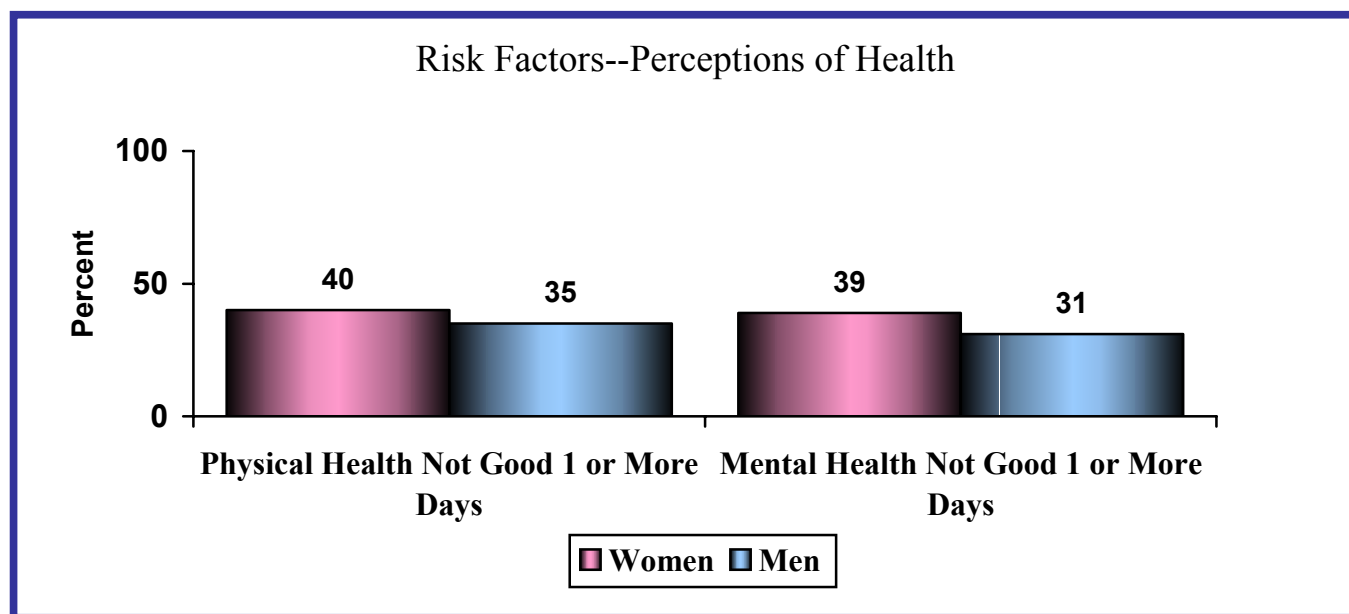
## Ashley County Adult Health Survey Demographics

Total Number of People Surveyed		
Male	Female	Total Surveyed
313	587	900

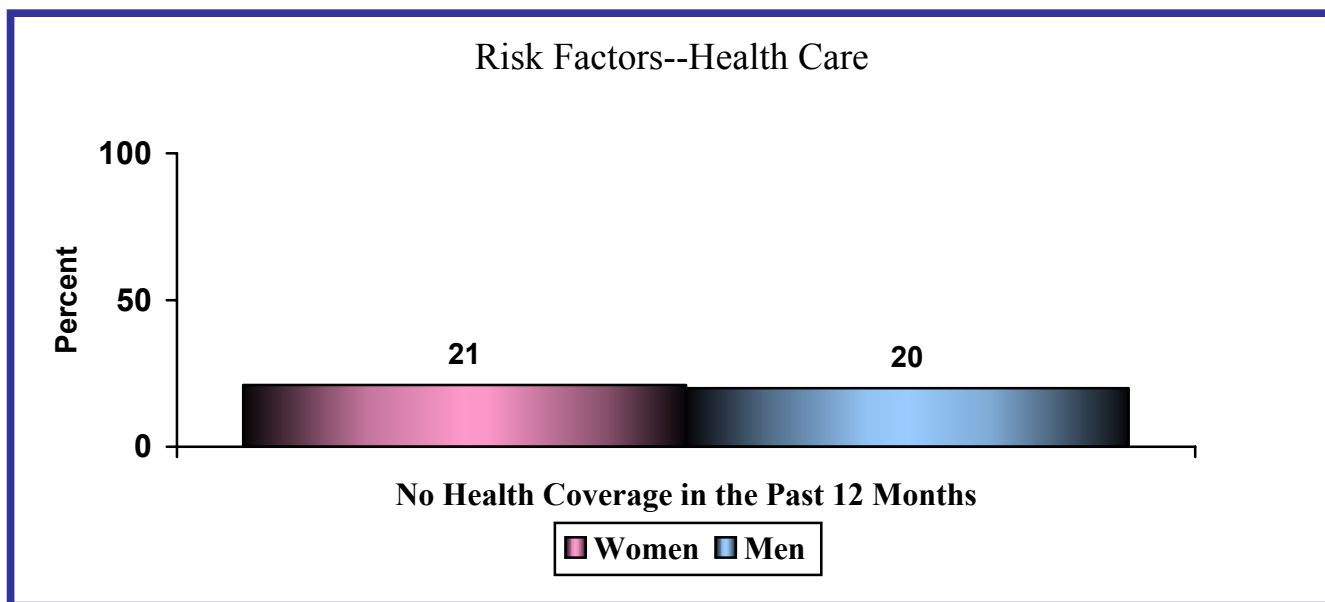


## Women and Behavioral Risk Factors

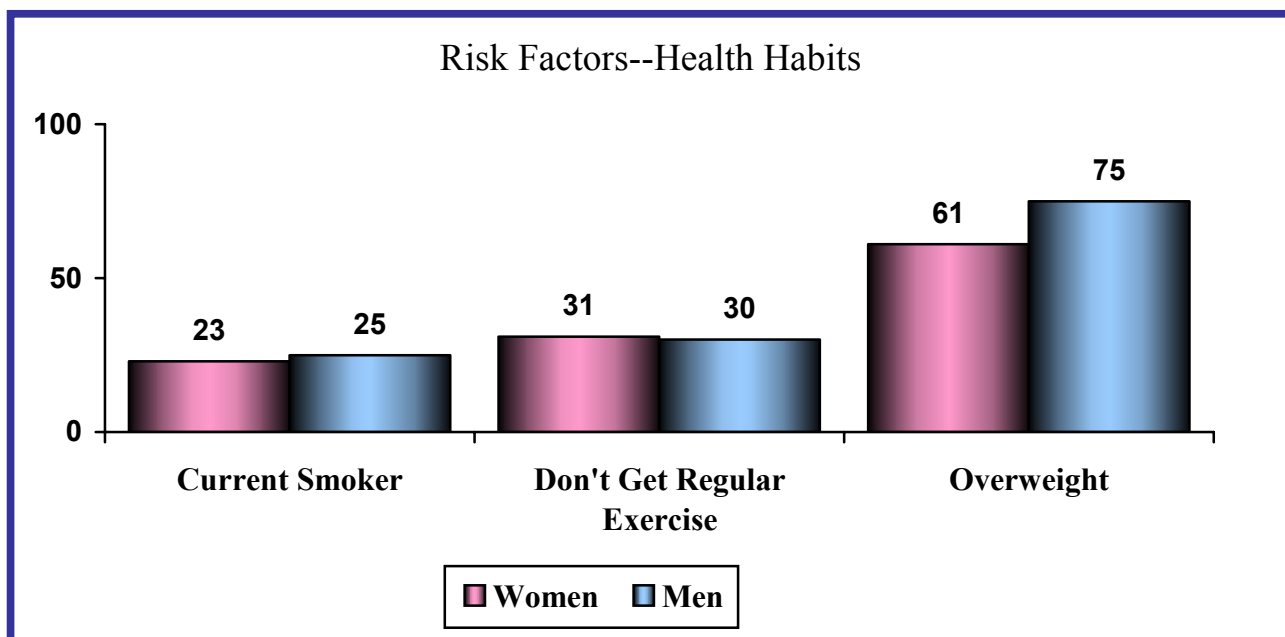
In addition to the standard BRFSS questions, the survey for Ashley County included questions related to women's health issues. Women's health concerns more than just breast care and reproductive health. Disparities between women's and men's health exist for various risk factors. Specific health issues that were investigated in conjunction with women's health concerns in Ashley County include self-reported perceptions of health, utilization of preventative health care and health screenings, and personal risk behaviors.



Women were more likely than men to report that their physical health and their mental health had been “not good” on one or more days during the past month.



Ashley County women were only slightly more likely than Ashley County men to have had no health coverage in the past 12 months.



Ashley County men were more likely than Ashley County women to be smokers and to be overweight, but slightly more likely to get regular exercise.

## Breast Cancer Screening and Knowledge

Breast cancer is the most frequently diagnosed cancer among Arkansas women, aside from skin cancer. According to the American Cancer Society, mammography is very valuable as an early detection tool, often identifying cancer before any physical symptoms develop. Early detection saves lives and increases treatment options.

Mammography – Women 40 and Older

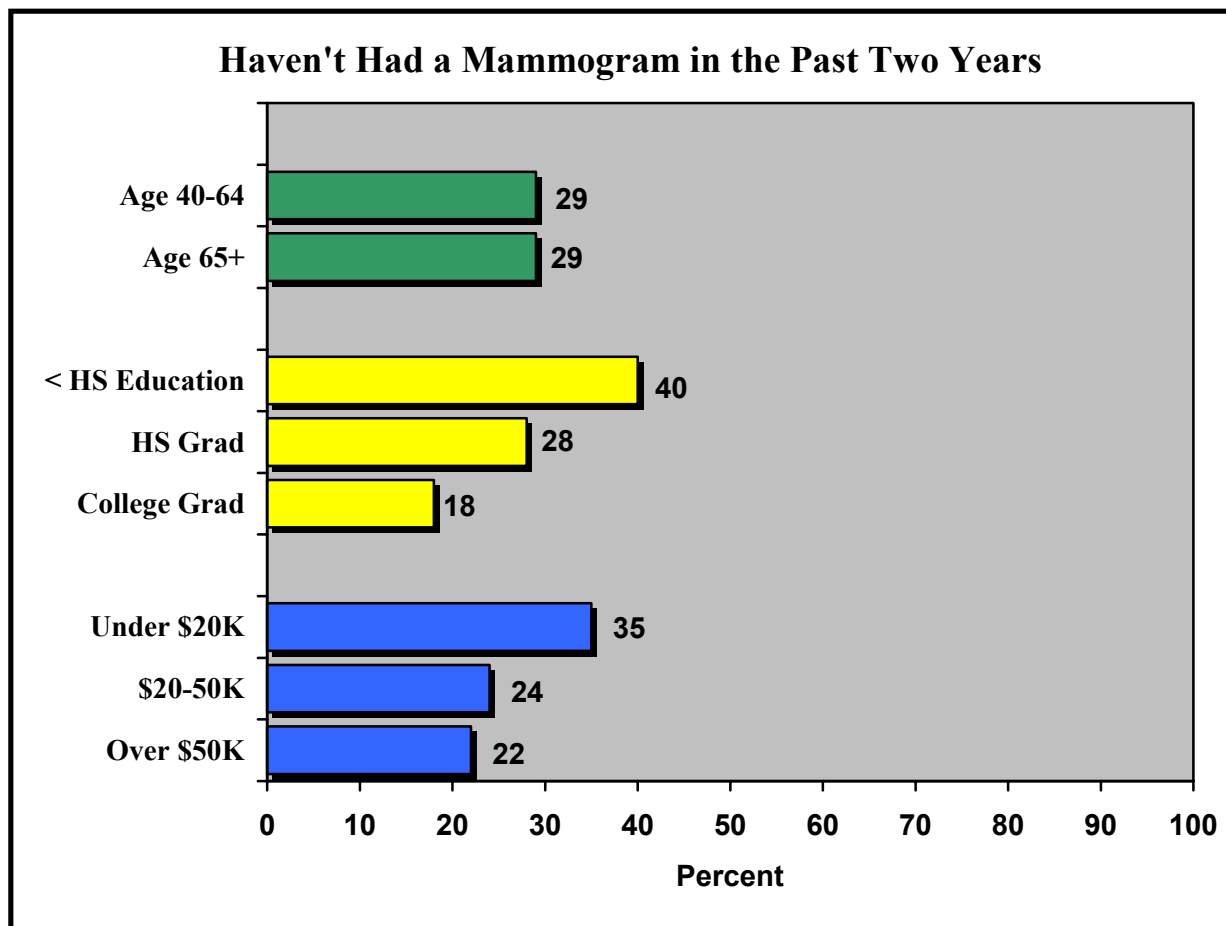
### Risk Factor Definition: Mammograms

**Question:** A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? –and– How long has it been since your last mammogram?

**At Risk:** Women 40 and older who haven't had a mammogram in the past two years are considered at risk.

### Who is at risk in Ashley County?

Twenty-nine percent (29%) of women over age 40 had not had a mammogram within the past two years. Lower income women and those with less education were more likely to report not receiving the screening within the past two years.





## Other Women's Health Screening

Pap tests are used to detect cervical cancer in women. Early stages of cervical cancer often have no signs or symptoms. This makes it important for women to have regular Pap smear tests.

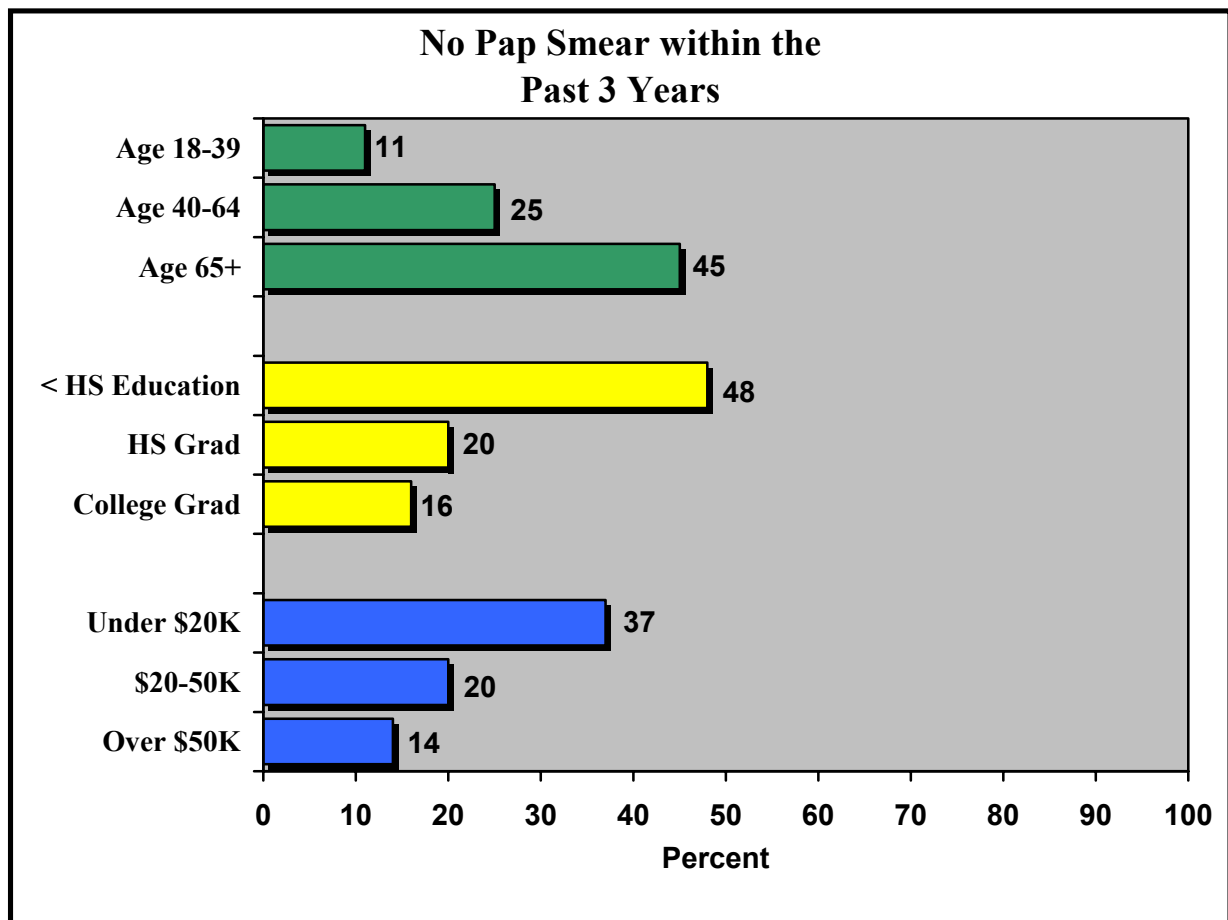
### Risk Factor Definition: Pap Smear

**Questions:** A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?  
How long has it been since your last Pap smear?

**At Risk:** Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

### Who is at risk in Ashley County?

Twenty-four percent (24%) of Ashley County adult women had not had a Pap smear within the past three years. Older women, women with less education, and women with lower incomes were less likely to have had this screening test.

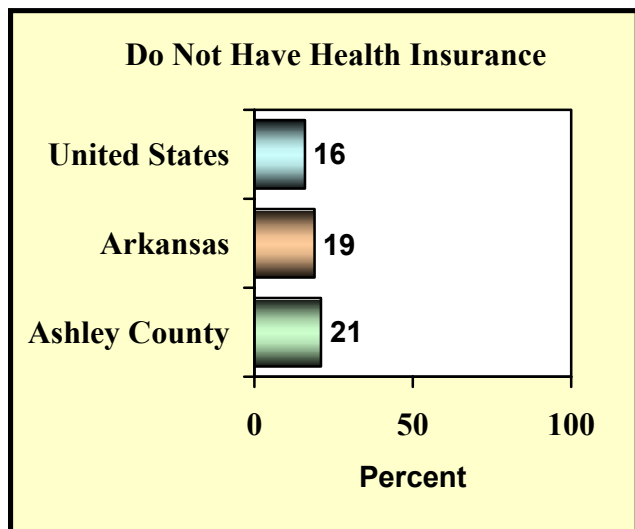
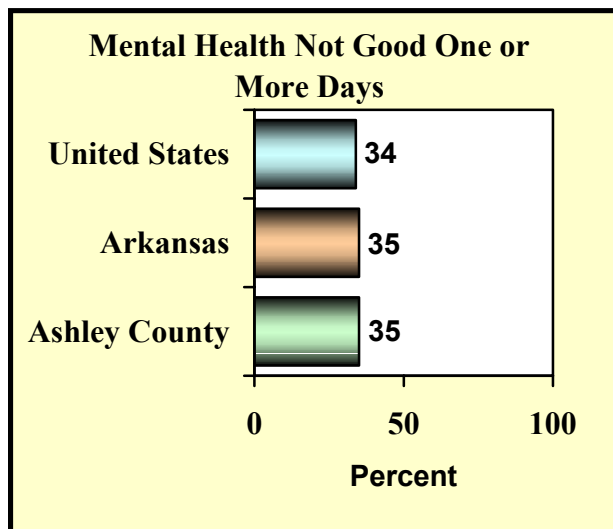
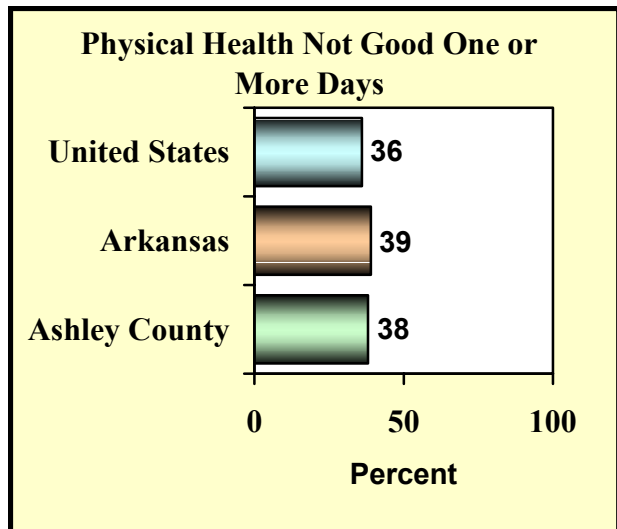
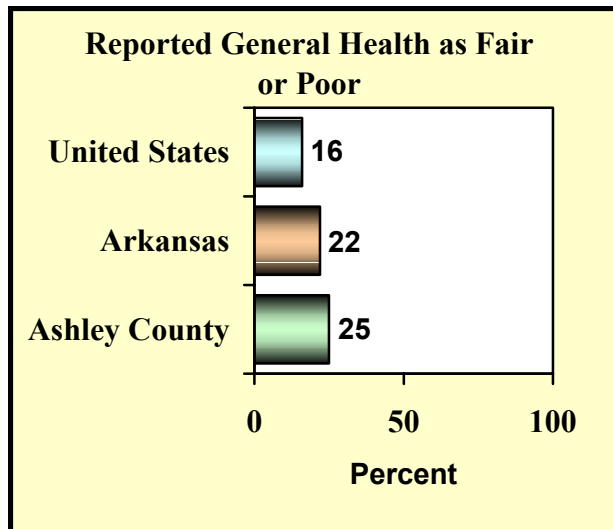


# Ashley County, Arkansas, and United States BRFSS Data Compared

## How Does Ashley County Compare?

In order to determine Ashley County's adult health strengths and weaknesses, its Adult Health Survey data was compared to data for Arkansas and the United States using the 2005 BRFSS.

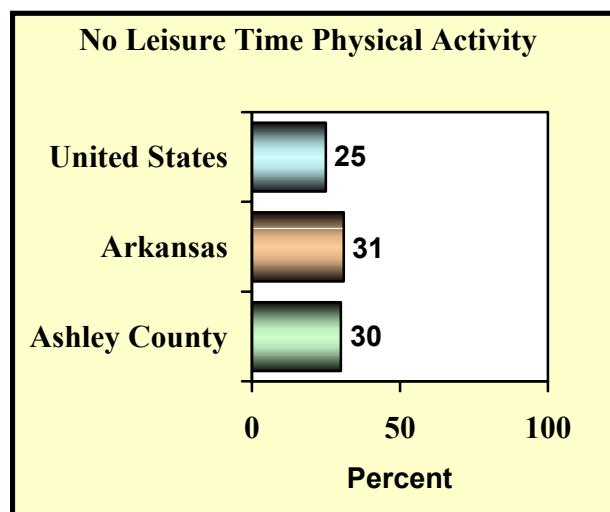
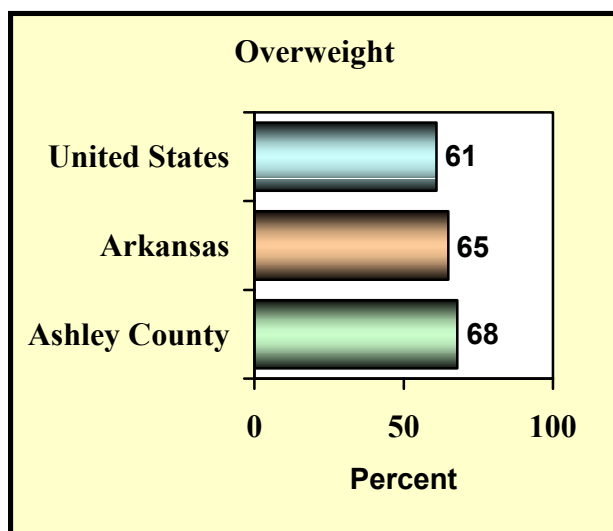
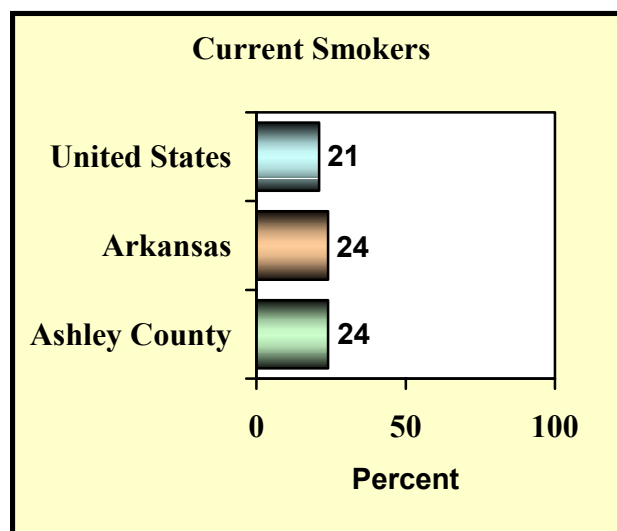
### Health Status and Health Care Access



Ashley County residents were about as likely as all persons in Arkansas and the U.S. to report that their physical and mental health was not good on one or more days in the past month.

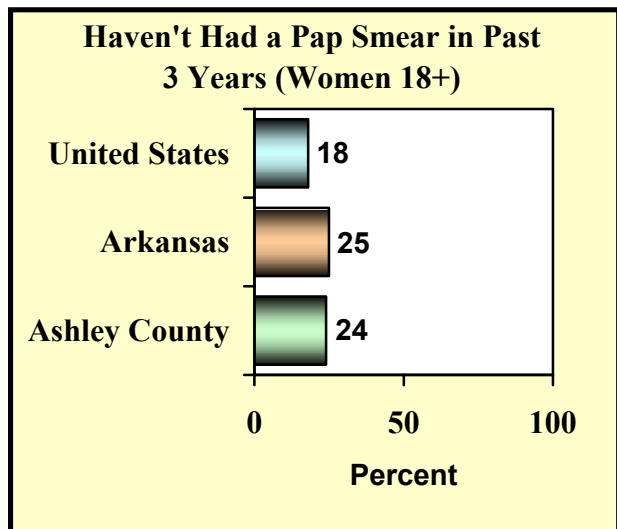
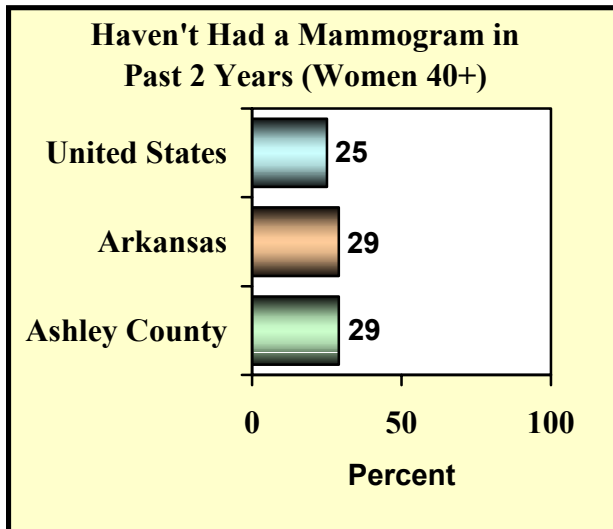
They were more likely than U.S. residents to report general health to be fair or poor and less likely to have health insurance.

## Health Habits



Ashley County residents are more likely to be smokers, to be overweight, and have no leisure time activity than U.S. residents. The prevalence of their risk factors was closer to those of Arkansas residents.

## Women's Routine Health Screenings



Women in Ashley County were about as likely as all women in Arkansas to have not had a mammogram in the past two years or a pap smear in the past three years. These results were worse than those for women in the U.S.

# Appendix

## **Ashley County Adult Health Survey Questions**

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

### **Section 1: Health Status**

- 1.1. Would you say that in general your health is excellent, very good, good, fair or poor?
- 1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
- 1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- 1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

### **Section 2: Health Care Access**

- 2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
- 2.2. What type of health care coverage do you use to pay for most of your medical care?
- 2.3. There are some types of coverage you may not have considered. Please tell me if you have any of the following (list of insurance plans).

### **Section 3: Exercise**

- 3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

### **Section 4: Hypertension Awareness**

- 4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.
- 4.2. Are you currently taking medicine for your high blood pressure?

### **Section 5: Cholesterol Awareness**

- 5.1. Have you ever had your blood cholesterol checked?
- 5.2. About How long has it been since you had your blood cholesterol checked?
- 5.3. Have you ever been told by a doctor, nurse, or other health professional; that your blood cholesterol is high?

## **Section 6: Asthma**

6.1 Did a doctor ever tell you that you had asthma?

6.2 Do you still have asthma?

## **Section 7: Diabetes**

7.1. Have you ever been told by a doctor that you have diabetes?

## **Section 8: Arthritis**

8.1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?

8.2. Were these symptoms present on most days for at least one month?

8.3. Are you now limited in any way in any activities because of joint symptoms?

8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?

8.5. Have you ever been told by a doctor that you have arthritis?

8.6. Are you currently being treated by a doctor for arthritis?

## **Section 9: Immunization**

9.1. During the past 12 months, have you had a flu shot?

9.2. Have you ever had a pneumonia shot?

## **Section 10: Tobacco Use**

10.1. Have you smoked at least 100 cigarettes in your entire life?

10.2. Do you now smoke cigarettes everyday, some days, or not at all?

10.3. On the average, about how many cigarettes a day do you now smoke?

## **Section 11: Alcohol Consumption**

11.1 A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?

11.2 On the days when you drank, about how many drinks did you drink on the Average?

11.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on a occasion?

## **Section 12: Firearms**



- 12.1. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.

### Section 13: Demographics

- 13.1. What is your age?
- 13.2. Are you Hispanic or Latino?
- 13.3. Which one or more of the following would you say is your race?
- 13.4. Which one of these groups best represent your race?
- 13.5. Are you married, divorced, widowed, separated, never been married, or a member of an unmarried couple?
- 13.6. How many children less than 18 years of age live in your household ?
- 13.7. What is the highest grade or year of school you completed?
- 13.8. What is your current employment status?
- 13.9. What is your annual household income from all sources?
- 13.10. About how much do you weigh without shoes?
- 13.11. About how tall are you without shoes?
- 13.12. What is your ZIP Code?
- 13.13. Do you have more than one telephone number in your household?
- 13.14. How many residential telephone numbers do you have?
- 13.15a. Has your regular home telephone service been disconnected in the last 12 months?
- 13.15b. In the past 12 months, about how many months in total were you without a working home telephone?  
(Do not count cell phones)
- 13.16. Indicate sex of respondent. (Ask Only if Necessary)

### Section 14: Disability

- 14.1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
- 14.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

### Section 15: Physical Activity

- 15.1. When you are at work, which of the following best describes what you do?
- 15.2. Now thinking about the moderate physical activities you do (when you are not working) if “employed” or “self-employed” in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
- 15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?
- 15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- 15.5. Now thinking about the vigorous physical activities you do (when you are not working) if “employed” or “self-employed” in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
- 15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- 15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

## Section 16: Prostate Cancer Screening

- 16.1. A Prostate Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- 16.2. How long has it been since you had your last PSA test?
- 16.3. A digital rectal exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- 16.4. How long has it been since you had your last digital rectal exam?
- 16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- 16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

## Section 17: Colorectal Cancer Screening

- 17.1. A blood stool test is a test that may use a special kit at home to determine whether stool contains blood. Have you ever had this test using a home kit?
- 17.2. How long has it been since you had your last blood stool test using a home kit?
- 17.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other problems. Have you ever had these exams?
- 17.4. How long has it been since you had your last Sigmoidoscopy or colonoscopy?

## Section 18: HIV/AIDS

- 18.1 A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby. (True/False)?
- 18.2 There are medical treatments available that are intended to help a person who is infected with HIV to live longer. (True/False)?
- 18.3 How effective do you think these treatments are helping persons with HIV to live longer?
- 18.4 How important do you think it is for people to know their HIV status by getting tested?
- 18.5 As far as you know, have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.
- 18.6 Not including blood donations, in what month and year was your last HIV test?
- 18.7 What was the main reason you had your last test for HIV?
- 18.8 Where did you have the HIV test in... ?
- 18.9 In the past 12 months has a doctor, nurse, or other health professional talked to you about preventing sexually transmitted diseases through condom use?

## County Selected Modules

### Module 5: Women's Health

- 1. What types of things can women do to help in the early detection of breast cancer?
- 2. Is there anything else women can do to help in the early detection of breast cancer?
- 3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- 4. What is the most important reason why you haven't had a mammogram?
- 5. Are there any other reasons why you haven't had a mammogram?
- 6. How long has it been since you had your last mammogram?
- 7. What is the most important reason why you haven't had a mammogram in the past two years?
- 8. Are there any other reasons why you haven't had a mammogram in the past two years?
- 9. Was your last mammogram done as part of a routine checkup, because of a breast problem, or because you've already had breast cancer?

10. In the past month, have you noticed any posters, billboards, commercials or advertisements with a message about having a mammogram test?
11. Are you aware that the health department offers free to low cost breast exams and mammograms?
12. How often do you believe women your age should get a mammogram?
13. Did a doctor suggest that you have your most recent mammogram?
14. Have you ever had breast cancer?
15. Do you think your risk of getting breast cancer is high, medium, low, or none?
16. If you wanted to have a mammogram, would you have to pay for all, part or none of the cost?
17. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult or not at all difficult?
18. Have you ever had a clinical breast exam?
19. How long has it been since your last breast exam?
20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?
21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
22. How long has it been since you had your last Pap smear?
23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
24. Have you had a hysterectomy?

### Module 13: Tobacco Indicators

1. How old were you the first time you smoked a cigarette, even one or two puffs?
2. How old were you when you first started smoking cigarettes regularly?
3. About how long has it been since you last smoked cigarettes regularly?
4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?
5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
6. Which statement best describes the rules about smoking inside your home?
7. While working at your job, are you indoors most of the time?
8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunchrooms?

9. Which of the following best describes your place of work's official smoking policy for work areas?

## Module 14: Other Tobacco Products

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
2. Do you currently use chewing tobacco or snuff everyday, some days, or not at all?
3. Have you ever smoked a cigar, even one or two puffs?
4. Do you now smoke cigars everyday, some days, or not at all?
5. Have you ever smoked tobacco in a pipe, even one or two puffs?
6. Do you now smoke a pipe everyday, some days, or not at all?
7. A bidi is a flavored cigarette from India, Have you ever smoked a bidi, even one or two puffs?
8. Do you now smoke bidis everyday, some days, or not at all?

**-End of Survey-**

